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# Essentials

# 126

WAYS TO LOOK

# GLAM TONIGHT!

Plus  
**HAIR**  
SPECIAL

**10**  
EASY TIPS FOR  
A FLATTER  
TUMMY

*Gabby Logan*

On Christmas  
cooking & her  
marriage secrets

## KEEP CALM CARRY ON

How to survive your  
relatives this season



## TIME FOR A Treat!

**BOTTOMS UP**

5 tasty tipples  
ready in 5 mins

**SHOW OFF!**

The perfect pud to  
wow your guests

# Christmas LOVE

**CELEBRATE** the amazing  
gifts that changed lives

## HEALTHY COCKTAILS

Drinking is now  
good for you!



# NEW

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Transform your look with the Velvet Collection. The foolproof smokey eye trio combines new Velvet Volume Mascara, Smokey Eye Drama Kit and Masterpiece Liquid Eyeliner.

The Velvet Collection, for a smouldering eye look.  
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# ED'S Letter

JANUARY 2016

**25**  
WOW-FACTOR  
RECIPES FOR  
THE NEW  
YEAR



**RIGHT THAT'S IT, I'M DONE!**  
I have wrapped the very last gift and hung the final decoration... what do you mean it's not even Christmas yet?!

I'm only super-organised because both my daughters' birthdays are early January, so I have to start party planning, sending invites and wrapping yet more presents. I'm also trying to convince myself I can make this delicious New Year feast (opposite) as a great start to 2016. Watch this space...

*Catherine*

GROUP EDITOR  
ESSENTIALS & GOODTOKNOW.CO.UK



**HAPPY NEW YEAR!**  
Delight your guests with this exotic oriental menu



SAVE  
UP TO  
**43%**

**SUBSCRIBE!**

Why not treat a friend or loved one to *Essentials* this Christmas? They'll get a copy delivered direct for the next 12 months - it's the gift that keeps on giving! See p58 for details



**MADE WITH LOVE**  
Last-minute crafts  
created in minutes

**HOT  
RIGHT  
NOW**

**GABBY  
LOGAN**

A modern mum who juggles life just like the rest of us! Find out more on p8...





# Contents

JANUARY 2016

## Fashion

- 15 **FAST FASHION** What's new
- 23 **HIGHLAND VS SPORTY** Choose the outdoors style that's right for you
- 24 **YOUR FESTIVE STYLE - SORTED!** Four great outfits to suit everyone
- 27 **IT'S A WRAP!** Cool cover-ups
- 42 **HOT PROPERTY** There's a side to Kirstie Allsopp you wouldn't expect

## Beauty

- 45 **EASY BEAUTY** What's new
- 53 **FIVE WAYS TO LOOK GLAM IN A SELFIE** We've got it sussed
- 54 **COME SPA WITH ESSENTIALS** Take a pampering break at Ragdale Hall
- 55 **SMOKY EYES MADE EASY** Here's how whether you fancy understated or full-on
- 57 **TRIBE VIBE** Go for vibrant colour and pattern to brighten up the winter chill

## Features

- 29 **WHAT TIME DO YOU CALL THIS?** It's high time to make a stand against lateness, says Abbie Pethullis
- 36 **YOU & HIM** Ditch your sex envy and just stick with what works for you
- 38 **FESTIVE FAILS** Our readers' cringeworthy party faux pas
- 40 **'OUR LUCK FINALLY CAME IN'** How brilliant would it be to win the Lottery at Christmas? This couple did!

## Health

- 61 **GOOD HEALTH** What's new
- 62 **HAVE YOU GOT RUSHING WOMAN'S SYNDROME?** Chances are, you have
- 65 **'MY STOMA BAG DOESN'T STOP ME FROM BEING SEXY!'** One reader shares her very personal story
- 68 **BREATHE YOURSELF HEALTHY** Plus the apps to teach you the technique

## Food

- 73 **REAL FOOD** What's new
- 74 **ONE-POT WONDERS** Fuss free and fab
- 80 **ANYONE FOR DESSERT?** You bet, with these beauties!
- 86 **BRILLIANT NO-BAKE BITES** Get the kids baking these festive treats
- 88 **TIME TO PARTY!** New Year feast



On the cover



- 8 **'GLAMOROUS? I SPEND CHRISTMAS IN A GREASY APRON'** Gabby Logan on sport, family and cooking for a crowd this Christmas
- 16 **PARTY ON!** Go to town in sequins, lace and feathers
- 30 **'THANK YOU FOR MY NEW LIFE'** Three readers' heartwarming stories
- 34 **7 DEADLY RELATIVES** The family members you'd least like to get stuck with
- 16 **TRESSED TO IMPRESS** Get the best from your hair, plus celeb styles
- 66 **GET LBD READY IN MINUTES** Easy tips for a flatter tummy
- 71 **HURRAY! HEALTHY COCKTAILS AT LAST** Good-for-you snifters
- 84 **EASY FESTIVE TIPPLES** Raise your glasses!
- 91 **HOW TO MAKE... THE BEST PAVLOVA** It's the perfect showstopping pud
- 130 **WIN! 7 NIGHTS IN JAMAICA** A £5,000 family holiday for four!





94



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## Home

- 92 **20 OF THE BEST 'DON'T PANIC'**  
BUYS Gift ideas to come to your rescue
- 94 **BABY IT'S COOL OUTSIDE** Outdoor  
décor to add Christmas cheer
- 97 **CABIN FEVER** Cosy home buys
- 98 **LOOK ON THE BRIGHT SIDE** Get  
switched on to the latest lighting trends
- 112 **COOL KIDS** What's new

## Essentialist

- 114 **A YEAR IN MEN** Those we have loved
- 116 **GO OUT** Movie news and shows
- 117 **INSIDE THE MIND OF** Cillian Murphy
- 118 **ON THE BOX** TV highlights
- 120 **ON THE SHELF** Great new reads
- 121 **KIDS' DAYS OUT** Thankfully, the  
Christmas fun isn't over yet
- 122 **ON THE RADAR** What's new...  
what's in... what's out

## Travel

- 125 **GREAT ESCAPES** What's new
- 126 **ISLANDS OF DREAMS** The Caribbean
- 131 **PISTE AGAIN!** Head for the slopes

## CRAFT

- 101 **MAKE IT EASY** What's new
- 102 **LET'S GET MERRY** Glam up any  
get-together with these great makes
- 108 **MADE WITH LOVE** Homemade gifts

98

## Regulars

- 5 **EDITOR'S LETTER**
- 58 **SUBSCRIBE TO ESSENTIALS** for  
just £22.99 for 12 issues, plus get  
a welcome gift worth £49
- 137 **DECEMBER HOROSCOPES**
- 138 **LISA'S LAST WORD** Lisa Faulkner  
tells us what's cooking at hers



102







# ‘GLAMOROUS?’ I spend Christmas in a greasy apron’

Gabby Logan talks to us about her passions, playing host  
and her mission to cook the perfect turkey

INTERVIEW CARRIE MITCHELL | PHOTOGRAPHY DAVID VENNI

**H**ow on earth do you do it?’ is my first question for Gabby Logan. At 42, she’s enviably lithe and lively, gamely leaping into the air when asked by our photographer. You’d never know she’s been up since 6am, crammed in a workout, dropped her ten-year-old twins – Lois and Reuben – at school and travelled into London from her home in Buckinghamshire. She’s still fizzing with energy when the shoot wraps and she rushes off to parents evening with her hubby, former rugby star Kenny Logan.

Of course, it may have been inevitable that Gabby married a sportsman. As the daughter of former Welsh footballer Terry Yorath, sport was always in her blood. At school, she competed in the high jump and represented Wales in rhythmic gymnastics at the Commonwealth Games. Sadly, sciatica meant she had to retire from gymnastics at the age of 17, but her love for sport has never waned.

Just a few years later, she was one of the first female faces signed by Sky Sports and her presenting career has been non-stop ever since. She won’t be giving herself a break at Christmas either – she’s currently preparing to host *BBC Sports Personality of the Year 2015*, and as soon as that’s done, she’ll be getting ready to play hostess at home.

**We don’t host all the time, but when we do, we do it intensely.** Christmas will be a nice big one this year. My mum and Kenny’s mum will be there, and we’ve got my brother and his wife coming with her parents and my nephew, Phoenix, who’s three. It’s lots of people to cook for, but the hardest part is not drying out the turkey. We have an Aga, so I put it in overnight – however, I was a bit disappointed with it last year. Everyone was very kind going ‘oh, it’s lovely’ and I was like, ‘No. It’s really not’. I need to do better this year!

**On Christmas Eve, we go out for a late lunch, so I don’t have to make another big dinner.** Then, around midnight, after the kids have gone to bed, the adults open their presents. We started doing this because the opening session on Christmas morning was taking until lunchtime and it’s become a bit of a family tradition now. It means we have more time to enjoy the kids opening their gifts in the morning – and there’s less chance of me having my eyes diverted. I sit there making lists of what everyone’s got, so they can write

thank-you notes. Before, I’d get distracted and be like, ‘Hang on, who bought you that? Where did that come from?’.

**I’ve noticed that my family’s ‘getting ready’ session includes a nap these days.** By the time they emerge, they all look amazing, and I look like a heap of rubbish. One year my mother-in-law, who’s always glamorous, came down wearing an amazing cream suit and asked, ‘Is there anything I can do?’. I was standing there all greasy with my apron on going, ‘No, you look fantastic, you go and sit down and have a drink with Kenny!’.

**My sister Louise lives in America, but she’ll join us at the dinner table via Skype.** Her partner, Elvis, works on Cirque Du Soleil in Vegas and they don’t have any time off over Christmas, plus she was back earlier this year for my brother’s wedding, so she’s had her annual trip. They’re eight hours behind us, so we’ll be about to eat when they’re just getting up and watching their daughter Mila open her presents. It’s nice to be part of all that.

**‘My family’s getting ready session includes a nap these days... they emerge looking amazing and I look like a heap of rubbish’**





'It's fine, just pick me up!'. She appreciates that we can't do it all.

**The twins are very supportive of each other.** The other day Reuben won something for scoring four tries in a rugby game and on the way home I could hear them chatting in the back of the car. Lois was saying, 'You're so good at sport Reuben, I wish I was as good as you'. Then, he said, 'But you're great at singing'. It was so lovely. Of course, he can wind her up, too – he likes to eat eggs with his mouth open because he knows she hates them!

**Kirsty Gallacher's a great friend and the kids love it when she brings her boys to stay.** So do I as we get to have a proper catch up over a bottle of wine when they all go to bed! She was so busy on *Strictly*, it was hard to talk much so we just texted all the time. I've done it myself, so I know how all consuming it is and just kept telling her to try and enjoy it, but it's hard when you're so nervous.

**I'm lucky to have a great group of girlfriends.** I think you have friends for different occasions – friends you're really honest with; friends you have almost a maternal relationship

**When it comes to gifts, Kenny is so thoughtful.** Last year, he surprised me with a lovely citrine ring. He wouldn't normally buy jewellery or anything extravagant, but he's really good at picking up things through the year that I might have mentioned. It's nice to know he listens!

**I think having a shared passion helps a relationship.** It's not impossible to be married to someone with different interests, but it's good to understand each other's worlds. Kenny and I play golf together, and tennis, and we exercise together, too. It's just as well we both see the value of sport because our daughter, Lois, is obsessed with riding and show jumping. She'd spend all day on a horse if she could, but we encourage her to have other interests

as well. And when she's at home, it's all about the animals we have.

**We've got six chickens, a rabbit, a hamster, three fish and two dogs.** Lois is amazing with them. When I came down at 6.45 this morning she was already out in her wellies getting the eggs. She and Kenny are two peas in a pod. He wants a pig next and she's asking for a Shetland pony, but I'm trying to avoid both those scenarios.

**I do feel guilty when I can't make every event the kids have, but they understand.** I've managed to watch all of Reuben's rugby games this season, but they go to different schools so things can clash and I might have to miss one of Lois' netball games. I'll say, 'I'm so sorry, Lois,' and she'll say,

**'It's not impossible to be married to someone with different interests, but it's good to understand each other's worlds'**





with; and other friends who are more like sisters. I'm still in touch with lots of my old school friends too. One has just told me she's pregnant at 42 – same age as me – and I'm so pleased for her.

**If I'd had five kids I would have been thrilled, but I think you kind of end up the way you're meant to end up.** Lois and Reuben would have loved me to have another – whenever they hear of someone around my age having a baby, they're like, 'well they had a baby and they're 43!'. I've never said to them I'm too old, just that I'm too tired. At some point you mentally think that ship's sailed now. We're very lucky to have two great kids and a lovely family, so I don't feel like 'oh, I wish I had...'.  
**There's one person that organises things at home and that's me.** Then Kenny takes on any responsibilities he can. He's got his own business [sport marketing] and his hours can be a bit random – really long days and evening events, but he's able to work from home some days, so he can do the school run and we can have lunch together.

**We don't have heaps of time just for 'us', but I feel we get enough.** Mostly, we like doing stuff with the kids. I don't really want to book a babysitter on a Saturday night because I'd rather we all did something together. In eight year's time, it'll just be me and Kenny, so I don't want to miss out on time with the kids while I've got it. We really value the time we can all spend together on holiday, too. In fact, I think we should book some winter sun soon, especially now the long nights are drawing in.

**I think Christmas is a time for remembering.** There's always a conversation about people in the family who aren't there. We just lost my great uncle, who was 105, so I know we'll be thinking of him. And if we were back home in Leeds at this time of year, we would all go to the cemetery on Christmas Day to visit my brother Daniel's grave. [Gabby's younger brother Daniel collapsed and died suddenly in 1992, due to an undetected congenital heart condition.] I remember that Christmas before he died was an amazing one. It was the first year Louise and I brought boyfriends home. We would have been 18 and 19 and Daniel was 15 – it felt like we were all just starting to grow up.

**If I'd had five kids I'd have been thrilled, but I think you end up the way you're meant to'**

**When I was younger, there weren't that many women working as sports presenters, so I didn't ever think of it as a career option.** I actually wanted to be a lawyer but when I was 15, I was on *Blue Peter*

doing gymnastics and I remember thinking it was so exciting. That was the first time I thought, 'Oh, I'd like to work in telly', but I still went off to university in Newcastle and did my law degree.

**I managed to get some work experience on local radio while I was a student.** Then I landed a job as a breakfast show presenter. Whenever I wasn't working I would be sat at that end of the newsroom chatting to the sports team and eventually they said, 'Look, you really like sport, you're really knowledgeable, why don't you go and do touchline interviews for us on Saturdays, too?'. I couldn't believe they were going to pay me and give me a free ticket to all the games!



**Sky Sports gave me my first on screen job after seeing me at the games.** I thought I'd work there a couple of years, then go back to a 'real job' in law! But things started to move quite quickly in terms of women in sport. Not just for presenters, but also women being given exposure for their performances on the field of play as well. It was a good time to get involved in the industry.

**There are hundreds of women every year who achieve incredible things in sport, so there should be no shortage of women on the BBC Sports Personality of The Year shortlist.** There was that exception a few years ago when there were no women on the list and that was terrible. I think, quite rightly, the show was criticised, but they gave it a big overhaul to ensure that the people contributing would be voting for both men and women. It's a diverse mix now.

**It's my third year hosting the awards and I'm looking forward to it.** It's the kind of show that if you don't have a

**'I thought I'd work at Sky Sports for a couple of years, then go back to a 'real job' in law!'**

little bit of nerves ahead of it, you're probably not human. It's an intense period leading up to it, but it's a great extravaganza and has to be well rehearsed and slick.

**Aside from sport, I've loved trying some new things this year.** *Flockstars* might not have set the world on fire in terms of its viewing figures, but it was fun to work on. I also wrote a children's book this year, which I've got to get sorted, so it's ready for next year. Perhaps not surprisingly, I've just not had the time!

**\* Gabby presents the BBC Sports Personality of the Year 2015, live from Belfast on BBC One, 7pm, Sunday 20 December**

**THE REAL ME**

## GABBY CONFESSES...

**\* SHE'S AN EXERCISE ADDICT** When I gave up the

gymnastics I felt dreadful after a few weeks, so I started running. Now, I do yoga and try various classes.

**\* SHE HAS A BACK-UP PLAN** I'd love to be a property developer. When we moved to the country, the house needed a lot of work, but it was fun.

**\* SHE'S THE BOSS IN THE KITCHEN** Everyone should

chip in with the clearing up, but I don't like too many people getting involved with the actual cooking.

**\* SHE'S A NEAT FREAK** When the dog knocked over the glass of milk we left for Santa, we thought we'd let the kids think it was him who did it. They looked dubious until I said, 'you know I wouldn't spill anything on my new carpet'. That did it.

▶ See Gabby play Truth or Dare in our behind the scenes video at [goodtoknow.co.uk/gabbylogan](http://goodtoknow.co.uk/gabbylogan)



Stylist Charlotte Handley  
Hair & make-up Liz Beckett  
Stylist's assistant Emma Beadle



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**nice'n  
easy**

**CLAIRO L**

Simone's colour is #8G Natural Honey Blonde.

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\*based on IRI volume sales August 2014 to August 2015



## My Greek Style Yogurt

I LOVE making my Organic Greek Style Natural Yogurt.

The gorgeous **ORGANIC MILK** I source locally makes this recipe so special. It gives it a lovely mild taste, yet **LUSCIOUSLY THICK** texture - **DELICIOUS** spooned over some fruit and granola.

Rachel

Add a swirl in a pasta sauce



Rachel's. MY NAME. MY PASSION.

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# FAST Fashion

 goodtoknow\_essentials



## ARM CANDY

For an easy, affordable update to any outfit, add a metallic clutch - just grab and go! Bag, £25, leather jacket, £350, 6-22, dress, £129, 6-22, all Boden

## VELVET VAMP

Supermodel Cara Delevingne stands out from the crowd for all the right reasons in this striking midnight blue velvet suit jacket.

Star style



## We love...

Glitter! And now it lives on in these... the ultimate party shoes. Wear them with your trusty LBD for instant wow-factor. Shoes, £55, Faith



## POWER PAIRING

We all need a party outfit that wins in both the style and warmth stakes. Team your knitwear with a sparkly skirt and you'll be ready for a night out quicker than you can say mulled wine...

Jumper, £24, 6-22, skirt, £45, 6-22, necklace, £16, bag, £25, boots, £45, all Dorothy Perkins

See more **FASHION**



Fancy extra wardrobe inspiration? Go to [pinterest.com/GTK\\_essentials](https://pinterest.com/GTK_essentials)





## SHIMMY SHIMMY

Dress, **£28**,  
6-20, F+F at Tesco  
Earrings, **£8.50**,  
Dorothy Perkins  
Bracelet, **£67**,  
tresorparis.co.uk  
Bag, **£49**, Coast  
Shoes, **£80**, Windsor  
Smith at Asos

# PARTYON!

'Tis the season to... get really dressed up! And that means lashings of sequins, feathers and metallics

FASHION EDITOR PAULA MOORE

IT TAKES TWO

Top, £30, 6-16, Oasis  
Skirt, £49, 4-16, Miss Selfridge  
Earrings, £5, Dorothy Perkins  
Cuff, £68, butterfly-jewellery.com  
Shoes, £75, Ravel

UNDER COVER

Dress, £70, 6-18, New Look  
Cape, £50, one size, Coast  
Ring, £47, tresorparis.co.uk  
Shoes, £85, Ravel





**FRINGE  
BENEFITS**  
Dress, **£199**, 8-16, Monsoon  
Earrings, **£5**, Dorothy Perkins  
Bag, **£15.99**, New Look  
Shoes, **£24.99**, New Look



**STRIPE  
IT LUCKY**  
Jumpsuit, **£85**,  
4-18, Asos  
Earrings, **£20**,  
orelia.co.uk  
Shoes, **£55**, Faith

WHITE NIGHTS

Jumpsuit, **£149**, xs-l, [gorgeouscouture.com](http://gorgeouscouture.com)  
Belt, **£8**, Accessorize  
Ring, **£49.99**, Storm  
Bracelet, **£67**, [tresorparis.co.uk](http://tresorparis.co.uk)  
Shoes, **£99**, Steve Madden at Dune

DRAMA QUEEN

Dress, **£95**, 4-18, Asos  
Earrings, **£8.50**, Dorothy Perkins  
Stacking rings, **£12.50**, Wallis  
Bag, **£45**, Jasper Conran at Debenhams  
Shoes, **£22.99**, New Look





## IT'S A WRAP

Dress, **£199**,  
6-22, Jenny  
Packham at  
Debenhams  
Earrings, **£31**,  
butterfly-  
jewellery.com  
Shoes, **£58**,  
little-mistress.com

## ALL THAT GLITTERS

Dress, **£25**, 8-24,  
George at Asda  
Earrings, **£6.50**,  
Dorothy Perkins  
Shoes, **£35**, Call It Spring  
at Debenhams

LACY  
LADY

Dress, **£129**,  
6-18, Coast  
Earrings, **£5**,  
Allusions at BHS  
Ring, **£8.50**,  
Dorothy Perkins  
Shoes, **£95**, Ravel

*‘With show  
stopping outfits,  
choose simple  
and stylish  
accessories’*





# For every woman there's a **wellwoman**



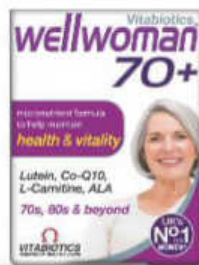
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Max



Drink

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[www.wellwoman.com](http://www.wellwoman.com)

† UK's No1 women's supplement brand.



**Gilet, £20,** 6-24, George at Asda

**Shirt, £39.95,** xs-xl, Lands' End

**Cape, £25,** one size, very.co.uk

**Boots, £125,** Dune

**Bag, £39.50,** Oliver Bonas

**Scarf, £18,** Debenhams

**Dress, £38,** 4-16, Topshop

**Trainers, £95,** Adidas

**Watch, £14,** Casio

**Dress, £49.50,** 6-16, Oliver Bonas

**Gilet, £39,** xs-xl, Uniqlo

**Jumpsuit, £99,** 6-20, Phase Eight

**Skirt, £30,** 6-22 Next

**Jacket, £59.99,** xs-l, Mango

**Bag, £30,** Vans

**Top, £10,** 4-16, Topshop

**Hat, £31.75,** Buff

**Trainers, £55,** Dune

**Coat, £95,** 6-22, Marks & Spencer

**Skirt, £59,** 8-22, Rochelle Humes for Very

**Jumper, £119.99,** 6-18, Studio Collection at H&M

**Jeans, £39.50,** 6-22, M&S Collection at Marks & Spencer

**Jacket, £39.99,** xs-xl, Zara

**Tommy Hilfiger**

**Moschino**

**RUNWAY EDIT**

**Highland VS Sporty**

**Will you fight the chill in bold sportswear or snuggle into cosy knits?**



# FESTIVE STYLE

## Cocktail Party

The key is to look chic without trying too hard, a sweatshirt with embellishment gives an elegant yet understated feel



### TIME TO SHINE

Sweatshirt, £40, s-l, Intimissimi  
Skirt, £55, 4-18, Asos  
Clutch, £65, Dune  
Shoes, £62, Little Mistress



## Christmas Day Lunch

This stretchy sequin dress will have you feeling stylish all day - keep things sparkly with a pair of super-luxe block heels



### DAYTIME GLAM

Dress, £69, 8-22, M&S  
Feather cardigan, £129, 8-18, Mint Velvet  
Clutch, £19.99, New Look  
Necklace, £8, F+F at Tesco  
Shoes, £45, Oasis



# SORTED!

Christmas fashion is tricky, so ditch the novelty jumpers for one of these stylish outfits

## Boxing Day Walk

Lots of light layers will keep you warm without adding bulk. Team a sleeveless jacket with faux fur and over-the-knee boots



### OUTDOOR STYLE

Sleeveless coat, **£29.99**, 6-18, New Look  
Faux-fur scarf, **£32**, Accessorize  
Roll-neck, **£18**, 6-22, Next  
Dress, **£69.99**, xs-xl, Zara  
Hat, **£25**, M&S  
Boots, **£44.99**, New Look

## New Year's Eve

The best excuse all year to dress up! This caged skirt and sequin top combo is your ultimate showstopper



### WELCOME IN 2016

Top, **£89**, 6-18, Coast  
Skirt, **£45**, 6-18, River Island  
Clutch, **£17.99**, Dorothy Perkins  
Shoe boots, **£44.99**, New Look





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THE  
LOOK



**ROLL UP**  
Jumper, **£85**,  
6-16, Whistles



**DRAPE IT**  
Blanket wrap, **£30**,  
one size, Wallis

# IT'S A *wrap*

Keep your winter warmers  
stylish with these brilliant buys



**LEATHER LOOK**  
Trousers, **£14.99**,  
6-16, H&M



**CHIC SHADES**  
Sunglasses, **£16**,  
Jeepers Peepers



**TIME KEEPER**  
Watch, **£85**,  
Olivia Burton  
at Asos



**CHAIN GANG**  
Bag, **£45**, lookagain.co.uk



**STACK 'EM HIGH**  
Rings, **£14** for a set,  
Accessorize



**MADE FOR WALKING**  
Ankle boots,  
**£65**, Simply Be



**FURRY NICE**  
Gilet, **£65**, 4-16, Topshop



# I only popped in for pasta

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**WRITER ABBIE PETHULLIS LIVES IN AMERSHAM WITH HER HUSBAND AND TWO SONS, BUDDY, 4, AND SPIKE, 2. SHE IS PERMANENTLY WAITING FOR SOMEONE**



# WHAT TIME *do you call this?*

**Fed up with people keeping her waiting, Abbie Pethullis resolves to take a stand and go for zero tolerance**

**I**'ve been up since 6am. I've washed, dressed and fed three people, two of whom required a full hose down afterwards. I've battled to brush teeth, done the school run and here I am, on time. I've got one small person trying to escape from his high chair while I scan Costa hopefully. We're on our third episode of Peppa Pig on my phone – where the hell is she?

Every time I meet my best friend, I forget I need to arrive at least 15 minutes late if I want to avoid a frustrating wait. When she does eventually grace me with her presence, there's absolutely no explanation or apology, so I just sit there inwardly fuming.

Being kept waiting has always been my pet hate and since having children, it's become even more maddening. All flexibility

vanishes the second a baby arrives. When I'd meet colleagues for lunch on maternity leave it would require militant prep to make sure that I arrived with a sleeping child. But by the time my friends strolled in 25 minutes later, I'd spend half my lunch bouncing a baby and eating with one hand.

And it's not just friends who seem to think it's okay to leave you hanging. Yes, that's right, I'm looking at you Mr plumber/decorator/electrician. Just because you have my mobile number, it doesn't mean you can message five minutes before you're due to tell me you're 30 minutes away.

It's all too easy for people to

send an 'I'm running late' text. In 1994, we'd have arranged to meet outside Woolworths at 1pm and we'd both have been there on time. Now people think as long as you tell someone you're keeping them waiting, it's okay to continue to do so. But it's not okay. It's downright rude, and I, for one, have had enough.

**'Next time we arrange to meet at 1pm – and you're not there – I ain't waiting'**

So this New Year, I am going to make a resolution that I actually have a chance of sticking to: zero tolerance on lateness. That's right: next time we arrange to meet at 1pm – and you're not there – I ain't waiting. Quite frankly, I have better things to do, and I've watched enough *Peppa Pig* to last me a lifetime.

**WHAT YOU THINK**

## I'M DOING YOU A FAVOUR

*I'm late as a courtesy! As a host, it's annoying if your guests arrive and you're still knee-deep in batter!*

Tracey Harrison

## LATE MATE

*I can't get out of the house on time – but my friends say I'm worth the wait.*

Corrine Richards

## IN THE GENES

*I'm never on time, I think I'm missing that gene. My mum was as bad, so is my 9-year old.*

Louisa Tait

## WHITE LIES

*I lie about start times to my always-late-friends, so I don't have to sit there drumming my fingers.*

Joanna Lawe

## HARSH LESSON

*A blind date once watched me rush in 20 minutes late, then left me waiting for another 20 minutes just to teach me a lesson. It worked: we're married now and I'm never late!*

Sarah Simmons

## \* Get In TOUCH

**f** Is there a burning issue you want to talk about? Join the conversation at [facebook.com/goodtoknow.co.uk](https://www.facebook.com/goodtoknow.co.uk)





# ‘THANK YOU for my new life’

Without a helping hand when they most needed it, these three readers wouldn't be the women they are today

## ‘If I hadn't met my husband, I might never have overcome my anxiety’

**PAULA MCGUIRE, 34, LIVES IN RIDDRIE, GLASGOW, WITH HUSBAND GERRY, 33, A PROJECT MANAGER**

**When Gerry and I met in 2008, I was suffering such crippling anxiety that accepting his invitation to lunch had me sleepless for a week – I never ate in public.**

When the date came, I sat overwhelmed with panic. While Gerry chatted animatedly, I nibbled nervously on a slice of toast. Gerry later said he thought maybe some women preferred to just eat toast for lunch. Somehow, we got married a year later!

Gerry is a sociable soul, but every interaction with people terrified me. Although he began to realise the extent of my anxiety, he never judged me. For my thirtieth, he booked us into a hotel, but I wouldn't leave the room. Gerry didn't want yet another occasion to pass me by, so he

took a photo of me sitting reading – I looked

like such a lonely figure and realised anxiety was affecting both of our lives – I didn't want to live like that any more.

Then I had an idea. The Commonwealth Games were coming to Glasgow that summer and I decided to try all the sports. When I told Gerry, he pointed out that lots

of the sports involved water, my biggest fear. I started by having phobia lessons in a swimming pool, the

biggest challenge I've ever faced. Gerry set me up with a blog, Paula Must Try Harder, to keep a journal of my progress.

When I crossed the finish line of a triathlon, Gerry scooped me up with tears in his eyes. Only recently did he admit that when I started to blossom, he was scared I'd outgrow him, yet he still encouraged me every step of the way.

★ Visit Paula's blog at [paulamusttryharder.co.uk](http://paulamusttryharder.co.uk)







'In giving me  
back little things,  
Derby gave me  
back my life'

## 'Derby gave me back my independence when an accident left me in a wheelchair'

JO HILL, 45, LIVES IN SWANBOURNE, BUCKS WITH HUSBAND GAVIN, 45, THEIR CHILDREN, EMILY, 20, OSCAR, 15, PHOEBE, 13, AND FELICITY, 12, AND HER BLACK LABRADOR, DERBY

I'd been loading the boot of the car in my daughter's school car park when one of the other mums made a mistake that changed my life. She left her engine running and her car – an automatic – in drive. It drove into me, crushing me between the two cars. My daughter Emily was standing next to me, but amazingly she wasn't hurt. I spent the next three months immobilised at home. The children were so young at the time and I was their primary

carer while Gavin worked long hours in London. The impact on all our lives was immense.

I spent two years going back and forth to hospital. I was left in constant pain, reliant on a wheelchair. Without the ability to do things for myself and my children, I felt I'd lost who I was. Watching other people do the things with my babies that I should have been doing, broke my heart. We somehow stumbled through five years. I didn't realise how much it was impacting our family –

until the day Derby came into our lives and set us all free.

Gavin and I were at a trade show for disability assistance and came across Canine Partners and I was encouraged to fill out a form. It took two years to be matched to Derby, followed by two weeks of intensive training. Then, in September 2013, Derby came home with us. Derby could load the washing machine, get the phone, wake the children and sense when I was getting tired, signalling it was time for bed

by waiting by the stairs. The first time we went out on our own, Derby shut the front door, we went to the village shop and he helped me get things from the shelves and put my purse on the counter. I was free.

He's my companion, friend and assistant, and makes our family feel like a team again. In giving me back little things I thought were gone for ever, Derby gave me back my life.

★ Jo is an ambassador for Canine Partners. For info, visit [caninepartners.org.uk](http://caninepartners.org.uk)

## 'I might never have been a mum if it hadn't been for my parents'

**LOUISE BOWMAN, 36, LIVES IN MIDDLESEX WITH HER HUSBAND STEVEN, 37, AND THEIR DAUGHTERS DAISY, 5, AND TWINS SCARLETT AND CONNIE, 2**

**Growing up, I'd taken it for granted I'd have children. I worked in childcare, often looked after my cousins and volunteered in a nursery – everyone always said I was destined to be a mum.**

Steven and I had been together since we were 17 and started trying for a baby when I was 28.

After a year of nothing happening, we had tests. Steven had 'unknown male infertility' and I had slight polycystic ovary syndrome. At first, I assumed we would get IVF on the NHS, but we didn't qualify as we were too young.

Next, I looked into egg sharing, where I'd donate my eggs to another infertile couple who could fund our IVF. With me working as an outreach worker and Steven an electrician, there was no way we could afford private IVF. But when we started to go through the steps, doctors detected I had a genetic problem, and we were turned down. I remember sitting in the car, crying, and calling Steven to explain we'd run out of options.

That evening, we went to my parents' house to relay the news – no free IVF and no egg sharing. My parents, Cathy, 64, and Nigel, 62, had been supporting us emotionally right from the start. They exchanged a knowing glance, as Dad said, 'We'll help you'. Then Mum reiterated, 'We'll give you whatever you need'. There was a big group hug and more tears as we accepted their incredible offer.

The process of IVF cost £8,500. My parents gave us

£5,000, my Auntie Doreen gave us £1,000 and we found the rest ourselves.

Finally, in April 2009, five embryos were fertilised – two were implanted and three were frozen. Twelve weeks later, it was confirmed we were having a daughter. Mum and Dad both cried

when I told them. Daisy is shy, loving and caring, and taught me that parenting is an emotional juggernaut

that no amount of nannying could have prepared me for!

When Daisy was three, my parents helped us find the £1,000 we needed to pay to use the frozen embryos and have another cycle of IVF. Our twins, Scarlett and Connie, complete our family. Scarlett is quiet, but forceful; Connie has earned the nickname The Destructor because she is such a whirlwind. As I look around our sitting room strewn with Lego and Polly Pockets, the chaos makes me so happy.

**\* Louise works for the Twins and Multiple Births Association.**

**For advice on raising multiples, visit [tamba.org.uk](http://tamba.org.uk)**

'Mum and Dad both cried when I told them we were having a daughter'





# Deadly Relatives

Christmas is the season of good cheer and spending time with your family... more's the pity!

**S**ister starting to stress you out? Contemplating lobbing the turkey at your mother-in-law? Don't worry, you're not alone. We all have to spend WAY too much time with certain annoying family members at this time of year. And sadly there's not very much we can do about the situation other than grin and bear it... or is there? We've identified the characters that fill you with the most dread over the festive season – and come up with a few smart ways of dealing with them.

Leave Grandad to snooze, move the festivities to another room – and give the kids some felt tips to get creative on his face...

## 1 Nasty Niece

**Aka Veruca Salt**

'Spoilt' doesn't begin to describe this horror. From foot-stomping to temper tantrums, she's an expert at getting her own way. Her parents might try to subdue her demands with extravagant gifts and soothing 'Yes, dear' platitudes, but it's never enough. She won't eat the same as everyone else, she won't let anyone else decide what to watch on telly, and don't even think about asking her to clear up after herself. She's the boss and don't you all know it.

**QUICK FIX** The way to tackle the nasty niece is to play her at her own game – just don't get caught in the act.

In a room full of people, continue to play the doting aunt, but if you get her on

her own, make sure you meet her demands with a firm no – someone's got to stand up to the little madam.



## 2 Lazy Grandad

**Aka Jim Royle**

Lording it up from his armchair, he's the one guest who is least likely to help out and moments after stuffing his face, he's guaranteed to be conked out. That wouldn't be so bad if only it wasn't for his snoring, but his bellowing has become the soundtrack to every festive gathering. With the dog howling along, the TV turned up full blast and the kids squabbling (again), it's just too much noise to bear.

**QUICK FIX** The good news is that as you've little chance of actually keeping him conscious, it's one less relative to entertain. Just leave him in his armchair to snooze in peace; move the festivities to the other room and give the kids some felt tips to play with. With any luck, they'll use them to get creative on Grandad's face. That'll teach him!



## 3 Gruesome Granny

**Aka Mrs Brown**

Oh, Grandma. Bless her heart, she's one of the most loving people you know, but you do sometimes wish she'd rein it in a bit. She has a heart of gold on the inside, but outside, it's all gone a bit, well, rusty. Your poor children look disgusted when she pulls them in for a full-on smacker – and is it any wonder? Worse still she sees it as her right to say as she finds, regardless as to whether that's suitable for little ears...

**QUICK FIX** This is one scenario in which it's perfectly acceptable to use your children as a shield. When Granny arrives, push them towards her, and make a run for it while she gets all the kissing and squeezing out of her system. For inappropriate commentator types, invest in a large box of Brazil nut toffee... then sit back and relax.



## 4 Monster in law

**Aka Hyacinth Bucket**

Why, oh why, does she despise you? Not only are you not good enough for her son, you've also done a rubbish job of cooking the turkey, the roast potatoes are 'not how I would have made them' and the designer scarf you splashed out on for her, 'is lovely, but not my colour'. It doesn't matter what you do, she'll make sure you know she's not impressed.

**QUICK FIX** If her attitude towards you hasn't changed the whole time you've been married, it's not going to any time soon. The best thing you can do is just accept it and stop bending over backwards trying to please her. Or, splash out on a gift for her that you'll both appreciate: a nice long Christmas cruise – for her.



## 5 No good Nephew

**Aka Home Alone's Kevin McAllister**

He might look all sweetness and light, but you know that once your back is turned he's up to something. He may

have fooled his parents with that halo-polishing act, but when your eggnog's been spiked with chilli powder and the dog's just puked up half a

selection box, you know there's only one person to blame.

**QUICK FIX** The only way to keep his twisted mind from dreaming up evil schemes is occupying him with something he'll enjoy even more. So, download a challenging game on your phone and park him in the corner for the rest of the day – hopefully he'll stay there until the New Year...



## 6 Father Hopeless

**Aka National Lampoon's Clark Griswold**

You know he means well, but your other half's hapless efforts at Christmas time really do get more irritating every year.

He's completely incapable of buying a tree that actually fits in the house, he still hasn't figured out how to untangle the outside lights, he uses the electric knife to carve the turkey and his efforts

at present-buying are a joke (unless you did want that new vacuum!). You can't even talk about the time he took the kids sledging in their best party clothes – which then got ruined!

**QUICK FIX** Simply do not let him help. Yes, you will have lots to do, but realistically it will probably take you more time to fix the things he's done wrong than it would to do them yourself in the first place. Oh, and if you don't want another lame gift, give him a list this year!



## 7 Sarky Sister

**Aka Mean Girls' Regina George**

She's the mean girl who is skilled at pushing your buttons. From her snide comments about what you're wearing to her sneaky digs about your cooking skills, she's a master at winding you up, yet your parents still think she's the golden girl.

**QUICK FIX** Don't get mad, get even. If she disses your dress, accidentally spill the cranberry sauce on hers, and if she complains about your cooking, sweetly suggest she hosts the next family gathering. That'll teach her.





# YOU & HIM



Think everyone's having more fun than you? Think again, normal is the new kinky

## Time to ditch your sex envy

**S**o you've been together years and fear that the frisson has fizzled? OK, so you're not tearing each other's clothes off in the back of a cab any more, but were those drunken fumbles ever that good? We doubt it. The truth is, it doesn't matter if you do it once a week or once a month, if you can go all night or it's over in five minutes. If you're happy and he's happy, you're doing it right – the only person judging you is you. So take the pressure off, keep your socks on and just have the sex you want to have. It's time to embrace the ordinary.

### Learn to love those love handles

He might not have a six-pack and be as toned as he once was, but that's no reason for the passion to wane. A perfect body doesn't make you better in bed. In fact, a survey\* has revealed that British women think chubbier men make better lovers because they're more eager to please, gentle and make us feel less self-conscious. So stop fantasising about the buff bloke you drive past on the way to work, and start appreciating the real man you have in your bed. It works both ways – you might feel insecure about your own wobbly bits, but your other half won't care about that if you're



### Embrace the quickie

If you don't have the time to go tantric right now, that's okay. Don't be ashamed of your no thrills quickies – they're perfect for keeping the passion alive and the average sex session lasts just seven minutes anyway\*\*\*. 'My husband and I are always exhausted by the time we get to bed, but we make the effort to have a quickie when we can,' says reader Rachael Jones, 38, from Nottingham. 'It keeps us feeling connected until we have time to really go to town.' Doing it from behind or with him on top while you pull your legs back are perfect positions for deep penetration meaning you'll both get maximum pleasure in the minimum amount of time. Win, win.

still fun in the sack. Mentioning your flaws draws attention to them, so try to focus on the positive – it'll boost your body confidence and his, making your sex sessions even better.

### Quality not quantity

Having more sex doesn't make you happier. Researchers in the US\*\* discovered that frequent sex can lack spontaneity and romance, and doing it too often

can put some couples off. The key to a happy sex life is finding a balance that works for you as a couple. 'We've scheduled in a date night for sex once a month and it's brilliant,' shares reader Kathrin Riley, 39, from Birmingham. 'Planning in sex has taken away the pressure to do it on days when one of us isn't up for it, so there's no rejection. Spontaneity isn't very realistic now we have kids, and this way we can pack them off to their grandparents and get busy. It's become something special that we look forward to.'

### Stick to what you know

Don't feel bad if you always default to your favourite position – it just means you're more likely to climax. Why waste time with aerobic exertions when you already know what works? Rather than working your way through the *Kama Sutra*, intensify your routine with tantric breathing, which helps you switch off and focus. 'Take slow deep breaths as you feel yourself becoming aroused,' suggests sex therapist Barbara Bartlik. 'Slowing everything down delays your orgasm and builds pleasurable tension.'

### \*More HOT TIPS



For more exciting things to do in the bedroom, visit [goodtoknow.co.uk/sextips](http://goodtoknow.co.uk/sextips)

Feature Abbie Petullis Photography Getty Images Source \*bigdeedclothing.co.uk, August 2015  
\*\*Journal of Economic Behavior and Organisation, May 2015 \*\*\*Journal of Sexual Medicine

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# FESTIVE FAILS

Too much to drink at the Christmas party? You're not alone; our readers share their most cringeworthy moments...

## BAD SANTA

I'd just broken up with my boyfriend, but the word hadn't quite got round the office and I was given a 'How well do you know your partner?' board game in the office Secret Santa. I spent the rest of the night sobbing. *Anonymous, via email*

## MISTAKEN IDENTITY

I told someone at a party, 'That dirty old man is trying to hit on you.' She said, 'He's my fiancé.'

*Margot Saville, via Twitter*

## IN VINO VERITAS?

I once gave a speech to work colleagues saying how much they all meant to me. I'd only started three weeks before and barely knew their names. I blame the booze.

*Hayley Watts, Birmingham*

## Fallen angel

After a few glasses of wine at a Christmas wedding, I sauntered my way down the elegant staircase where the speeches were about to happen, only to lose my footing and stumble half way down them. I stood up to applause. Cringe.

*Sarah Bingham, York*

## YOU SNOOZE, YOU LOSE

I fell asleep on the train home and ended up in Peterborough

- I live in London. My husband had to pay for my taxi home at two in the morning.

*Anonymous, via email*

## No room at the inn

My friends and I rented a cottage one New Year and invited all our other halves along, too. Stumbling up to my room at two in the morning, I rushed straight into the en suite, only to emerge and find my friend and her new boyfriend hastily putting their clothes on (it was the wrong room) and I'd interrupted them having sex. Thank god I was too drunk to notice - but it caused awkward small talk next morning! *Kim Davis, Devon*

## TRASHED

While flirting with a cute guy at a party I tried to stand up seductively, but instead tripped and fell into the bin.

*Anonymous, via Twitter*

## Knock knock

I was invited to a colleagues' party when I'd just started a new job, so when I was buzzed into the building and saw an open door with a party going on, I walked in and started mingling. After not finding my host, I asked the guy I was chatting to. 'That party's next door!' he laughed.

*Alison Lovett, via email*

## Now you CONFESS



Ever had a tattoo and now regret it? Share your body art blunders at [facebook.com/goodtoknow.co.uk](http://facebook.com/goodtoknow.co.uk)







An Octopus  
Pulled it into  
tiny pieces



Andrew

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# 'OUR LUCK finally came in!'

It was going to be just another Christmas until mum-of-two Jenn Burston got luckier than she could ever have imagined

**L**ike most people, my husband Ian and I have fantasised about what we'd do if we won the Lottery. I always thought £250,000 would be the perfect amount as we could pay off our mortgage and get a bigger family home, while Ian hoped for a little more, so he could give up work.

Of course, we never actually thought we'd win. Who does? But we still bought a scratchcard now and again, and I played Lotto online when there was a rollover. So last December, when I saw that there was a quadruple rollover the week before Christmas, I decided to do a lucky dip.

## Best ever gift

Christmas is my favourite time of the year and I love the build-up. Our tree goes up in November and we take my daughter Ellie (now six) to see Santa. Things were tighter than usual last year as I'd just had our new baby, Lara, and was on

maternity leave, but I'd put £20 aside each month to cover Christmas presents. We'd never go mad, we just wanted to get one big present and some smaller bits for the girls and a stocking for each other.

The week I decided to pick up a lucky dip ticket had been busy. I'd just started back at my job as a receptionist and we'd had our work Christmas meal on the Tuesday, plus Ellie was off school with chicken pox, so on the Wednesday, the evening of the lottery draw, I hadn't even thought about checking the numbers.

It was 10.30pm when I logged on to my National Lottery account. I couldn't believe it when I saw the words 'You've Won!' The screen was so small on my phone, but I could see our numbers circled and I thought we'd won £3,000 – I ran downstairs to tell Ian. He logged onto my account on his iPad so he could see. It turned out we hadn't won £3,000, but £3million! We were gobsmacked. The day before we'd

been looking at houses in the hope we might be able to move, but there wasn't anything we could afford – now we could get our dream family home!

I called my mum straight away and Ian phoned his dad. Everyone was in disbelief!

We didn't sleep a wink that night. At about one in the morning an email from Camelot came through to say we'd won. It was official – we were millionaires!

## Work came first

The next morning we both went to work as normal.

I had to tell my boss I was waiting for an important phone call and might have to slip out. When I told her why, she said, 'Why on earth are you here?' But I'd only just returned after maternity leave and a lot of the staff had already booked their holidays. I didn't want to let anyone down.

The next few days were a blur. On the Friday, we had our meeting with the winners' adviser and made the decision

'I thought we'd won £3,000, but it turned out we'd won £3million!'

We were gobsmacked'







Seeing is believing!  
The cheque that made  
that Christmas extra  
special for Jenn and Ian

to share our news when the money was in our account – a couple of days before Christmas Day. It seems silly, but you have a bit more support when you go public as it stops any Chinese whispers. All our friends and family were so pleased for us and I think everyone was so busy with Christmas that our win slipped under the radar. We did get a few messages on Facebook from complete strangers asking us for money, though!

Before we knew it, Christmas Day was upon us and we didn't have time to think about treating the girls or ourselves to anything extra. We always go to Ian's dad's on Christmas Day and my dad's on Boxing Day, so we went ahead with our plans and had a lovely normal Christmas.

I can see how some people may want to go crazy and splash out on cars and fancy holidays, but Ian and I have always had to be careful with our money and that's not changed. We've paid off our mortgage and have decided to build a new

family home. It's not too far from where we live now and will have four bedrooms and a big open-plan kitchen and diner. Unfortunately, it's not going to be ready in time for this Christmas, but next year I can't wait to have everyone together on Christmas Day – that's my dream. We're going to have a separate lounge that's just for special occasions, so I've dubbed it my Christmas lounge! And we'll have two real Christmas trees, not our nasty plastic one we drag out every year.

Once we move out, my mum's going to live in our current house as she's in rented accommodation and we've put some money aside for Ian's parents, too.

We usually have one family holiday every year and we had already

booked a holiday with friends to Turkey before we won, but we did squeeze in another to Spain with the girls, which was lovely. When Ian and I got married three years ago we couldn't afford a honeymoon, so we're treating ourselves to a trip to Las Vegas with some friends next year and we can't wait. When the kids are a bit older, I want to treat them and their cousins to a big group trip to Disney World in Florida and I'd love to take the girls to Lapland, but Lara's too small at the moment.

### No silly splurging

Ellie's at the age where she'd have the entire contents of the toy shop if she could, but we're sticking to one big present and a few smaller ones this year. Ellie wants a pushchair for her dolls and Lara's getting a Hetty Hoover. It's lovely that the girls are at an age where they don't understand the concept of money and we want them to grow up grounded. It's amazing to think we can afford things like supporting them to go to university if they want, or paying for driving lessons or a first car, but we want them to work for what they get. That's probably why Ian

and I have kept working – we're too young to retire on what we won and, actually, I quite like having time away from being 'Mum'.

Overall, our day-to-day lives haven't changed too much. We're still living off what we earn and although we treat ourselves to the odd meal out, our main

'Our new family home will have a separate lounge just for special occasions – my Christmas lounge!'

luxury will be the new house. It's the little things, like not having to budget each month for Christmas that feels special. It's such a happy time anyway, but now the gift of a secure future for our girls will always be the icing on the (Christmas) cake!



# HOT PROPERTY

She's not married, she works non-stop and she's technology mad... Kirstie Allsopp is far less conventional than you might think

**S**he may be a skilled homemaker, but there's nothing of the dowdy housewife about Kirstie, 44. In fact, the property guru and self-proclaimed feminist is savvy, sassy and isn't shy of ruffling a few feathers. She sparked debate earlier this year after suggesting young women should postpone university to have children – and she stood by her opinion. Quite rightly, too – after all, she's been raising four boys for years. She has two sons – Bay, 9, and Oscar, 7 – with partner, property developer Ben Andersen, and two stepsons – Hal, 13, and Orion, 11 – from Ben's previous marriage to an old schoolfriend of Kirstie's (who introduced the pair back in 2004). Despite being together over ten years, the couple have never married, but they're about as solid a family unit as you'll ever find – thanks to Kirstie's modern mum skills of juggling a manic work schedule with her very full-on home life.

**My social life revolves around the kids.** Someone once said you can have a career, children and a social life – but not all three at the same time. They were so right. When I'm not working, I'm with my children. I work because I love it, which means I can't justify going away for

a spa break or going off and doing things that are just for me – work is for me.

**Ben is a hands-on dad.** He'll take the kids to school, but he has no idea what happens early in the morning. The other day I got up, went for a quick run, took Bay to choir, came back, had a quick bath, then went to the supermarket. In the meantime, Ben got up, wallowed in the bath like a small hippo, read the paper on his iPad, then swanned down, oblivious to everything that had gone on.

**Being a step-parent is the most important thing I've ever done.** When you're a parent it's amazing, but being a step-parent is different. It's not about you, it's about the children. There was a wonderful

story recently about a wedding where the father grabbed his daughter's stepdad and said 'come with me, we'll walk down the aisle the three of us'. It was such a wonderful thing to do. Ben's ex-wife, Ben, me, Orion and Hal all have the same diary app, so we can keep track of everyone's plans. It's a team effort.

**I feel a bit outnumbered by the boys – mostly because they don't understand about cushions!** They sit on them and it drives me mad. It's supposed to be behind

'I feel a bit outnumbered by the boys – mostly because they don't understand cushions..'



Kirstie finds herself surrounded by boys at home... and at work!

your back – it's not a booster seat! I should embroider that on a cushion. The other thing I'd like to embroider is: 'Wanted: Indians, chiefs need not apply' because there's too many in our house already!

**I believe in allowing children time to be children.** The boys are at the age where they're completely grown up one minute, then suddenly, they need you again. The other day, I came in and they were all lying on my bed watching *Thomas and Friends*. They were enjoying it so much, I didn't say a word.

**I'm so excited to have all of the boys for Christmas and New Year.** Christmas is all about family but it's a tricky time for us because my father-in-law died in December two years ago and my mother died in January last year. This year, we're going to have a big dinner before Christmas with my family and Ben's family. My sister lives in Edinburgh and



Thoroughly modern mum, Kirstie, manages family life with apps!

I've got two new nieces and a nephew who's three. We'll exchange presents and see all the babies, then whatever happens on Christmas Day, it's fine, because we'll have seen each other already.

**This Christmas, the boys all want mini Segways.** I'm going to do a big shop for them all then ask my brother and sister to send me cash on my new KiTTi App. It's like WhatsApp for money, so you can have different groups with your friends to pay for nights out or school mums to pay for kids' presents. It means we can share the cost of things easily. Life is so busy, I swear by apps and technology to keep me going.

**I've not got anything new planned in 2016.** I need time to do what is currently on the slate. We've just started shooting a second series of *Love It or List It* and we're filming three new Christmas shows in Moscow, Bratislava, and Vienna. It's just constant, one day no one will want to employ me, but for now it's all go.

**\* Kirstie is the ambassador for Santander's KiTTi app, available from iTunes**

## MY BIG LOVES

### ♥ DRESSES

They're all I wear - it's just one item and that's it.

### ♥ MODERN

**TECHNOLOGY** I swear by WhatsApp and emails on my phone to keep me going!

♥ **TWITTER** I set up an account for Phil Spencer and tweeted as Pip off the TV for about

two months. When he found out what I'd done, he was fuming!

♥ **SCOOTERS** Ben and I love them for whizzing round London - the boys have rollerblades.

♥ **THOUGHTFUL PRESENTS** If a friend sees something they thought you'd like and waits until Christmas to give it to you, that's very special. But my best, most special gifts have always been from Ben.



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## HI THERE!

**SARAH ALLARD REVEALS  
ALL THE BEST TRICKS  
TO LOOKING GORGEOUS  
IN NO TIME AT ALL...**

### HIGH BROW

I love well-defined eyebrows, they can take years off you. Get yours looking the part – just like Phil Collins' daughter, Lili – with the **Billion Dollar Brows Brow Buddy Kit, £22**, which shows where to start, arch and end. Or, pop along to a Benefit Brow Bar – there are 114 across the UK and you can just walk in, no appointment needed. Prices start at £12.50 for brow arching.

Follow our guide on how to shape your eyebrows yourself at [goodtoknow.co.uk/bestbrows](http://goodtoknow.co.uk/bestbrows)

### LIGHTEN UP

Your skintone changes each season, so The Body Shop has created **Lightening Shade Adjusting Drops, £10**. Simply pop your usual foundation on the back of your hand, add a drop to take it one shade lighter, then mix and blend as normal.



**1 in 6**  
WOMEN WHO DYE  
THEIR HAIR HAVE  
FORGOTTEN WHAT  
THEIR NATURAL  
COLOUR IS!\*

**3 OF THE BEST...**

*Time to glow highlighters*

With the nifty **B. Sculpted Blush & Highlighter, £10.99**, you can create a flush of colour and highlight your cheekbones in one easy sweep.



Get value for money with the **Sleek Solstice Highlighter Eye Palette, £9.99** – the four shades are perfect for eyes, cheeks and décolletage.



If you want to illuminate, hydrate, correct and perfect, then go for the **Sanctuary Wonder Body, £8**.



**IF YOU BUY ONE THING...**

...make it the **Topshop Smoke Stick in Dark Crystal, £6.50** – it's double-duty beauty at a bargain. Use as an eyeliner or smudge it into top and bottom lashes for a soft, sexy look – it's my go-to for party-ready eyes.





# TRESSED to impress

You don't need a celebrity stylist on speed dial with these top tips and tricks! Trust us, follow this guide and you'll have hair-to-die-for this party season

## Talk the PRO TALK

First up, you need to know your stuff, don't step foot in a salon without swotting up on the right lingo.

\* **BEVEL** This is a small bend at the end of your hair. Your stylist will either bring the ends under to make your bob look sleek or take them outwards to give a gorgeous flick.

\* **FEATHERING** A technique that takes hard lines out of your hair. By cutting into your hair it softens it and can make it more flattering on your face.

\* **LAYERING** Adding some layers will change the thickness of your hair and can either make it look thinner or thicker. It can also give your hair more texture and movement.

\* **GRADUATION** This is the build up of a shape. It can create a curve in your hair and is the opposite of layering.

\* **SCRUNCH DRY** By doing this you'll create the style at the same time as drying your hair. Just pop a diffuser on your hairdryer, aim the nozzle underneath your hair and literally scrunch it with your free hand.

\* **BALAYAGE** Derived from the French word meaning to sweep or to paint. Your colourist will literally paint the colour on your hair freehand for natural looking, sun-kissed tresses.

\* **KERATIN TREATMENT** This will leave frizzy hair straight for up to six weeks - it's not cheap, but it's worth every penny.

\* **VEGETABLE COLOUR GLOSS** A light tone that will give your hair supersonic shine for up to eight washes. Best for brunettes.

3 OF THE BEST...



**POWDER PERFECT**  
Swell Ultimate Volume Dry Shampoo, £20

**SQUEAKY CLEAN**  
Sanctuary Oil-Blend Moisture Shampoo and Conditioner, £6 each



**CURL CONSCIOUS**  
Kevin Murphy Killer.Curls, £27



## How to big up your **BOUNCE**

For healthy looking hair the barrel curl style is not nearly as hard as it looks. The smaller your rollers, the tighter your curls will be, so if you want big, loose curls, use large Velcro rollers. 'Always apply a setting spray beforehand that will protect your hair from the heat as well as hold your style,' says international hair stylist James McMahon. No one wants stiff, frazzled curls.

◆ First, divide your hair into 2-5cm sections. Wrap your hair around your tong, hold for 10 seconds, then secure the rolled curl with a bobby pin and leave to cool.

'Working this way helps you get all of your hair, even the bits at the back, as the rest will be pinned out of the way,' says James.

✱ Next, spritz each section with setting spray and leave to dry. Release each section and loosen with either your fingers or a wide-toothed comb.

✱ For a more subtle, groomed look, brush your hair thoroughly using a flat bristle brush, before fluffing it out into waves. A light misting of hairspray will give your style extra hold and support the curls.





## Get the messy UP-DO

**'You need lots of volume and texture in your hair for this style, and it needs to be shoulder length or longer. If you've got shorter hair, mess it up and pop in some pins to get the same effect,' says James.**

- ✦ Spritz hair with a texturising spray, then rough dry.
- ✦ Keep the ends of your hair looking groomed by putting in heated rollers or using a large barrel brush to curl the ends under.
- ✦ Divide your hair into two sections, with a parting from the top of your ears to the crown of your head.
- ✦ Spritz the back section with a little more texturising spray, then lightly backcomb it and gather at the nape of your neck.
- ✦ Twist hair around and upwards, so that it doubles in upon itself, forming a rough French pleat, and secure with pins. The hair from the end of your ponytail should be sticking up at the crown - backcomb this roughly to provide height at the crown.
- ✦ Backcomb the front section of hair at the roots and sweep it backwards, or to the side, and position over and around the hair at your crown. Don't worry about any stray bits as they can be twisted and pinned into place as required.

## 3 ways to VOLUME

### Sleep on it

Wash and dry your hair the night before, then before going to bed, fix into a high, loose bun at the crown of your head. Use a **Cloud 9 Croc Clip**, **£5.95 for four**, to secure it without risking any kinks. The bun will keep your roots raised up, and they'll set there as your just-dried hair cools. Take it down the next morning and you'll have volume to go. Mist your roots with **L'Oréal Elnett Flexible Hold Hairspray**, **£6.70**, to really make it last.



### Be powder ful

Never underestimate powder-based products. Sprinkle a tiny amount through your roots and rub in with your fingers, it's the ultimate quick fix. Plus, the chemicals in the powders absorb moisture, so any grease will be a thing of the un-washed past. We love **Aveda Pure Abundance Hair Potion**, **£21**.



### Brushing up

Back-combing can be a pain, but back-brushing? It's a whole different story. Use the **Denman Dress-Out Brush**, **£3.50**, to gently tease volume into the under-layers of your hair at both the roots and through the mid-lengths. The bristles are kinder to hair than a comb, create texture in half the time and won't fully matte your locks. The plus points are endless!



**We shed up to 100 hairs a day, if there are a few strands in the shower don't worry, you're not thinning!**



**3 OF THE BEST...**

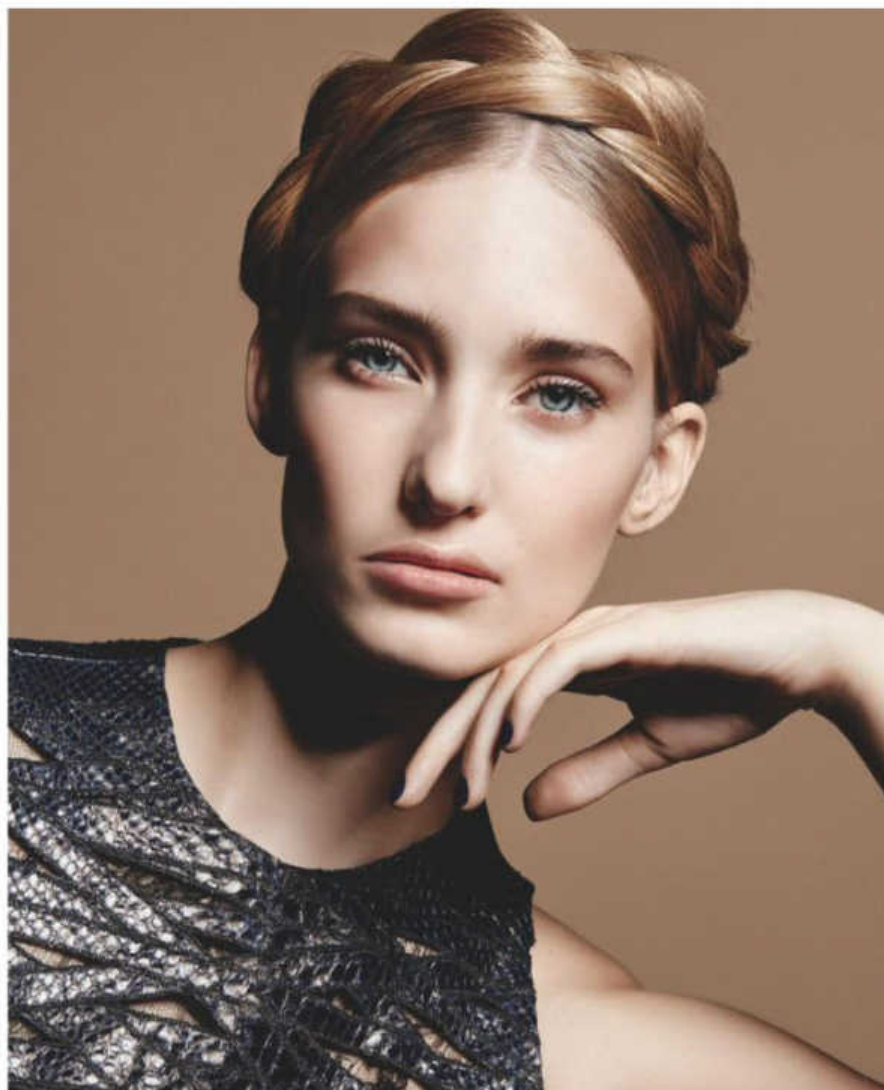
**HOT HEADED**  
Beauty Boutique  
Heat Treat,  
**£24.95**

**SHINE ON**  
Tresemme  
Oleo Radiance Oil  
Elixir, **£8.99**

**BLOW-DRY BOMBSHELL**  
Kérastase Crème de  
la Crème Blow-dry  
Cream, **£19.50**







## *In the* **salon VS DIY**

### **The low blow, John Frieda, from £30 VS DIY Blow dry**

'I'm lazy when it comes to drying my hair,' says Anne, 35, from Newcastle. 'It's so long I get bored and leave it to air-dry, so I always look a bit messy. But when I stepped out of the salon, I had volume at the roots and a supersonic shine with being too groomed. I'd book again for a special occasion.'



### **KeraStraight KS Ultimate Treatment, £150 VS Straighteners**

'I try to straighten my hair every day,' says Sarah, 38, from London, 'but I can never get the back right and it takes so much time! Then I tried this treatment. Yes it takes an afternoon in the salon, but afterwards my hair was super-smooth and glossy. Not even rain could get a spike of frizz, and the smoothness lasted nearly four months - I'm hooked!'



**A healthy head counts 100,000 single hairs, meaning it's the strand width which dictates thick or thin hair**



**3 OF THE BEST...**

**BETTER BELIEVE IT**  
Aussie Three Minute Miracle Winter Deep Treatment, **£4.99**

**BE STRONG**  
Dr Hauschka Strengthening Hair Treatment, **£24.50**

**COLOUR CONSCIOUS**  
Schwarzkopf Essence Ultime Diamond Color Mask, **£5.49**



### **The intensive treatment (Olaplex), £35 VS DIY Mask**

'My hair is dyed and heat damaged,' says Jo, 35, from Teddington. 'I've used home conditioning treatments regularly, but they only last until the next wash. So I tried a salon treatment, which only took 10 minutes. After it was dried and styled, my hair was actually shining! And when I washed it at home, I still had silky, shiny hair. Brilliant!'



## Power up your PONY

**'The most important trick of mastering a ponytail is to make sure that it's secure,' says James. 'Too loose and it'll slip down, too tight and it can look too severe.' He recommends using a bungee tie, which you hook one end around the other when you've wrapped it around your ponytail. We like Bungee Hooks, £3.50, [essentialsuk.com](http://essentialsuk.com).**

✱ Using a comb, divide your hair into a front and back section going over the top of your head from ear to ear. Clip the front section out of the way.

✱ Scrape the back section into a ponytail. 'The

back of your head slightly above your eye line is the most flattering place for your pony,' says James.

✱ Now you can style the top section without the weight of all the back hair pulling it down. Backcomb it slightly at the roots for height and use a touch of dry shampoo to give your hair texture.

✱ Next, pull the hair from this section back over the first ponytail – as if you were just doing one ponytail – and secure with a second band.

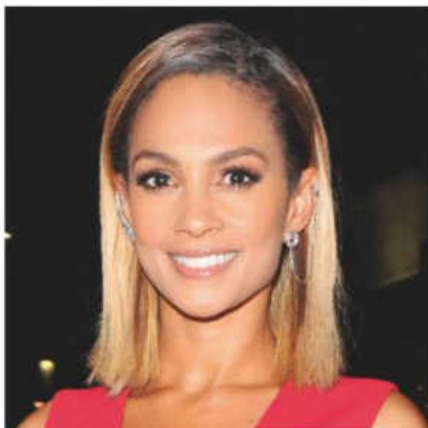
✱ Wrap a piece of hair around the bands to conceal them and secure with a Bobby pin.





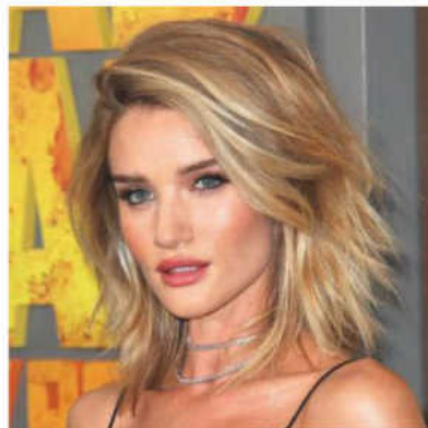
**JENNIFER LOPEZ, 46**

Going bobbed and brunette makes the mum-of-twins' hair look more nourished and healthier than ever.



**ALESHA DIXON, 37**

From long and wavy, to mid-length and straight, plus a new bronde colour. Who knew one appointment could tick so many boxes?



**ROSIE HUNTINGTON-WHITELEY, 28**

Known for her tumbling locks, the M&S model and designer is now leading the latest bed-head bob trend.



# New Year, NEW HAIR!

Fancy revamping your locks? Then look no further than these celeb styles for inspiration



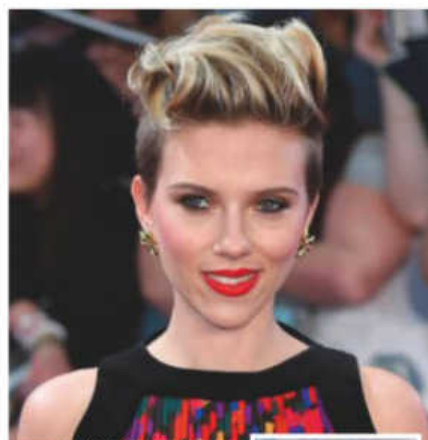
**CAROL VORDERMAN, 55**

Proving it's never too late for a new look, this year Carol revealed it's easy to go blonde – we hope she's having more fun?



**CHARLIZE THERON, 40**

The Hollywood A-lister has grown her edgy, slicked-back crop into a long, feminine style – and it gets a thumbs up from us.



**SCARLETT JOHANSSON, 31**

This pixie crop emphasises the actresses' amazing cheekbones – as if Gucci's poster girl needs any help!





# Five ways to... LOOK GLAM IN A SELFIE

Best buys to get you hot for any shot

## 3 MATTE MAX

Banish unwanted dewiness with **DHC Oil Blotting Paper, £4 for 100 sheets**. Avoid layering up loose powder – just dab onto shiny areas to rid sweat, but leave your make-up flawless.

## 4 THE EYES HAVE IT

Keep your peepers bright and selfie-worthy with **Urban Decay Naked 24/7 Glide-On Eye Pencil in Naked Basic, £12.50**. Use the pale pink end to line your waterline for a who-needs-coffee-I'm-wide-awake look.

## 5 GLOW GETTER

Shimmer is great at accentuating your best bits. Simply use your fingertips to apply a thin layer of **Ellis Faas Ellis Eye Lights in Antique Silver, £26**, along your collarbone to define your décolletage for a dazzling dose of picture-perfect sparkle.

## 2 ALL IN ONE

For last minute touch-ups reach for this **YSL Kiss & Love Multi Usage Palette, £59**. The colours suit every skintone, while the pearly powder makes a fabulous highlighter. And it's the exact same size as an iPhone, so will fit neatly into any handbag.

## 1 POUTY PERFECT

Get lippy with **Rimmel Provocalips 16hr Kiss Proof Lip Colour in I'll Call You, £9.99**. Make a statement with the high-impact lacquer at one end, or tone it down with a touch of high-shine gloss over bare lips.







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Triple rooms are available on request – please telephone Ragdale Hall direct for these prices.

# SMOKY EYES

## *made easy*

From barely there to dark and dramatic, find your perfect party look...

### 1 Understated

**WHY WE LOVE IT** This is the make-up version of sexy, tousled bed hair – minimal effort for maximum impact. It takes seconds and you can wear it all day, every day.

**YOU TRY IT** Even out your skintone on your eyelid with **Lancôme Hypnose La Base Paupières Pro**, £21 – it's a shade that works on everyone.

\* Starting halfway along your upper lash line, take a soft liner like **Maybelline Expression Kajal Pencil**, £2.99, and draw outwards, keeping close to your lashes.

\* Use the built-in blender to smudge it along your lashline and finish with a slick of mascara.



MAX MARA

2

### 2 Turn it up

**WHY WE LOVE IT** The grey tones soften this look, plus adding colour under your eyes makes the whites brighter for that captivating, wide-awake look.

**YOU TRY IT** Save yourself time – and money – and have all the eyeshadow shades that you'll want to use ready at your fingertips. We love the great-value **W7 In The Night Up In Smoke Eye Colour Palette**, £9.99.

\* Dot the lightest shade in the inner corners of your eyes to make them look wider.

\* Sweep the tan colour across your top lids, keeping the coverage light and even.

\* Next, using the **Seventeen Angled Eyeliner Brush**, £2.49, take the soft grey shade under your lower lash line. Go over the grey line with the **Lord & Berry Polish Eye Pencil**, £10, which has a great leather-look to it.

\* Using the same eye pencil, go along both your upper and lower waterline – you need to go just inside your lashline.

\* Finish with **Max Factor Clump Defy Extensions Mascara**, £11.99, to really define your lashes.



ROBERTO CAVALLI

### 3 Max impact

**WHY WE LOVE IT** This is the sophisticated side of rock chick and we can't get enough of it.

**YOU TRY IT** Build a charcoal base of **Bourjois Little Round Pot Intense Eyeshadow** in No10, £6.99, across your lid and in the socket.

\* Apply **YSL Couture Kajal liner**, £25, to your upper and lower lids, and waterlines, smudging with an eye brush.

\* Sweep **Eyeko Fat Liquid Eyeliner**, £12, across your top lashline for more depth.

Then add lashings of **L'Oréal Paris Miss Manga Black Angel mascara**, £8.99.



DIANE VON FURSTENBERG



#### \* For more BEAUTY



Get date-night ready with our easy-to-follow tutorials at [goodtoknow.co.uk/smokyeyes](http://goodtoknow.co.uk/smokyeyes)



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CHRISTOPHER KANE

**GREEN EYED GIRL**  
Aveda Eye Definer Eyeliner, £14.50



**BRUSH UP**  
Smashbox Art. Love. Colour. Brushes, £48 for five

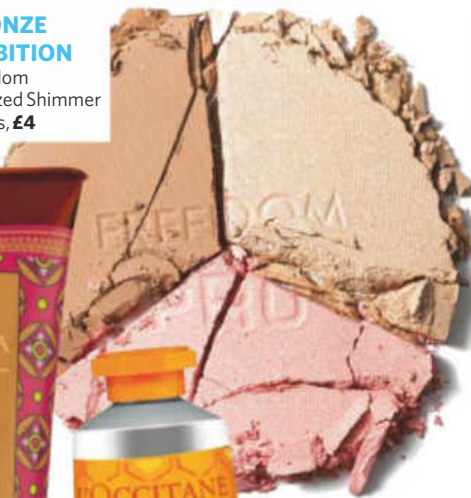


**WELL GEL**  
Sally Hansen Miracle Gel Polishes in Tribal Sun and Rhythm & Blue, £9.99 each



**PATTERN POWER**  
Monsoon Aztec Make-up bag, £9

**BRONZE AMBITION**  
Freedom Bronzed Shimmer Lights, £4



**FALSE LASH EFFECT**  
Bourjois Volume 1 Seconde Mascara, £9.99



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**LATHER 'N GO**  
Mandara Spa Exotic Escape Shower Gel, £4



**HEY, HONEY!**  
L'Occitane Melting Honey Hand Cream, £8



**LOUD MOUTH**  
Maybelline Color Elixir Lip Lacquer in Mandarin Rupture, £6.99





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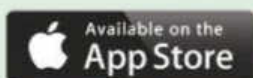
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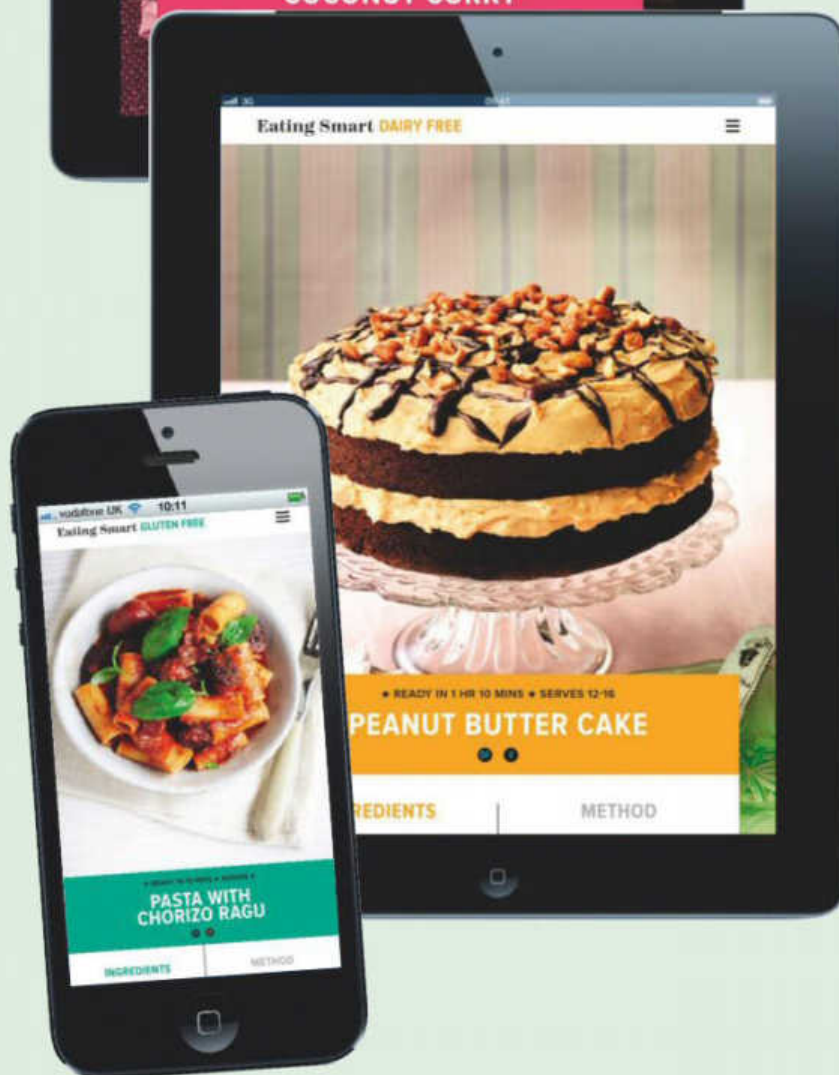
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For tips to get in shape by dancing at home, visit [goodtoknow.co.uk/dancetips](http://goodtoknow.co.uk/dancetips)

## PRODUCT OF THE MONTH...

If late nights and too much booze have left your skin looking tired, stock up on TreeVitalise Birch Water (£2.69, Budgens). It'll detoxify, hydrate and boost your metabolism, and keep you glowing all through the festivities.



**113**  
MINUTES IS HOW LONG BRIT'S SPEND TALKING AND THINKING ABOUT FOOD EACH DAY\*

## 3 OF THE BEST...

*Pieces of kit to put on your Christmas list*



### BEST FOR YOGA

The Marie Meili sports bra (from £18, [asos.com](http://asos.com)) will give you the best support while you flex.



### BEST FOR RUNNING

Light, waterproof and reflective, this Rapture jacket (£59.99, [mountainwarehouse.com](http://mountainwarehouse.com)) will keep you safe and dry while you're out jogging.



### BEST FOR THE GYM

Proskins Slim Leggings (£50, [proskins.co](http://proskins.co)) tackles cellulite while you work out.



Now get going with our simple, but effective, exercise tips at [goodtoknow.co.uk/easy-exercise](http://goodtoknow.co.uk/easy-exercise)



## PSSST! TIME SAVING TOP TIP

Skip the wait for a GP appointment and get your flu jab while you're doing your Christmas shopping at Superdrug pharmacies. The in-store service is free if you're eligible for a free jab on the NHS, or £9.99 for anyone else. Pre-book your injection at [superdrug.co.uk](http://superdrug.co.uk).



If you are unlucky enough to come down with a bug this winter, check out flu-fighting recipes at [goodtoknow.co.uk/top-recipes-to-fight-the-flu](http://goodtoknow.co.uk/top-recipes-to-fight-the-flu)



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# Have you got RUSHING WOMAN'S SYNDROME?

Feeling frantic, but blaming the  
season? Michelle Davies  
discovers the real reason  
she's so stressed



**T**he build-up to Christmas in our house usually starts around the end of October. By build-up I mean it's the start of me running myself ragged trying to get

everything done. Like most women, I take on the bulk of the organising, from present shopping and arranging my six-year-old daughter's festive activities (how many parties does one child need to attend?) to planning, buying and cooking the Christmas lunch for our extended family, while at the same time trying to juggle work and endless household chores.

Come January I'm like an out-of-control spinning top – my sleep is fractured, I'm gripped by anxiety and I'm clumsy and absent-minded: at least twice a day I'll walk into a room to fetch something and forget what I went for. I rely on coffee to keep me jacked up in the morning and wine to slow me down at night. Meanwhile, tears and anger come far too easily, like I've got permanent PMT.

I tell myself it's normal. Don't most of us feel that way at this time of year? Well maybe, but that doesn't mean it's okay. In fact, my symptoms suggest I have an actual syndrome – namely Rushing Woman's Syndrome (RWS).

## Manic Monday, Tuesday...

Identified by Dr Libby Weaver, a renowned Sydney-based nutritional biochemist, RWS is a biological and emotional condition caused by 21st-century stress and never-ending to-do lists – and it's seriously damaging the health of women everywhere.

Dr Weaver first diagnosed RWS after spending almost two decades treating frazzled female clients for a collection of biological, emotional and nutritional issues, including polycystic ovary syndrome, debilitating menopause symptoms and diminished libido.

She came to realise that our manic lifestyles – the aforementioned to-do lists, poor dietary choices and trying to do everything at once – were combining to create a major health crisis among women.

'We are doing a frantic double-shift of work, day and night, that swings anywhere from comedy to chaos with very little rest,' she writes in her book, *Rushing Woman's*

*Syndrome: The Impact of a Never Ending To-Do List on Our Health*. 'There is no leisure time and sleep is compromised more and more. Women feel responsible for everything and everyone 24/7.'

As I ticked off the symptoms of RWS one by one, it wasn't just a light-bulb moment going off above my head, but the entire Oxford Street Christmas lights being flicked on. Struggling to sleep? Tick. Always irritable? Tick. Failing to ask for help? Tick. Inhaling food without chewing? Tick. Not only could I account for every symptom, but it dawned on me they'd manifested long before the Christmas countdown began

– I was a Rushing Woman 365 days of the year.

'At least twice a day I'll walk into a room to fetch something and forget what I went for'

## Fight or flight

So what causes RWS? According to Dr Weaver, the fundamental issue is that women's bodies aren't built to deal with the stress of modern life. 'Our bodies cannot keep up with the rate of change the world

now asks of it,' says Dr Weaver. She maintains that, on a cellular level, our bodies have not evolved from those of our ancestors who roamed the planet hundreds of thousands of years ago.

When we're stressed, our body's natural reaction is to think it's under attack from a predator like a lion or rival tribesman, sending us into 'fight or flight' mode. Our body pumps out adrenaline to raise our blood pressure and make us stay alert, so we're ready to 'escape'. Meanwhile, it dials down the level of progesterone in our system – the hormone governing our

menstrual cycle – because it rationalises that now is not the best time to reproduce.

Yet the 'predators' women face these days tend to be intangible – work and money worries, relationship concerns, fears for our children. The big problem is, our bodies can't tell the difference between them and a lion. Therefore, if we're stressed all the time, we get stuck in 'fight or flight' mode and elevated levels of adrenaline make us jumpy, depressed and unable to sleep, while low progesterone causes us to lose our sex drive and experience irregular periods and mood swings.

To keep ourselves going, we rely on artificial stimulants and sugary food that make us gain weight. That in turn makes us frantically exercise to shift our stubborn tummy fat – but high-impact sports only serve to keep our adrenalin levels up, because our body thinks we're being chased by that lion again! It's a horrible, vicious cycle.

## Simple solutions

The good news is that we can do something to reverse the damage we're inflicting on ourselves – and they are pretty simple steps to follow. On Dr Weaver's recommendation, I've drastically reduced my wine and coffee intake to stop those crashing highs and lows, and I'm making an effort to eat a high-plant diet and less processed food. I've also switched from running to gentler walks that don't cause my adrenaline to spike, but still keep me fit.

Most importantly, I'm learning to say 'no' to people without feeling guilty. Already I feel calmer and more centred. My to-do list might be as long as ever, but finally I'm learning not to rush through it.

## ARE YOU A rushing woman?

If you're suffering from these symptoms, you just might be...

- \* Addicted to coffee
- \* Inhaling food without chewing
- \* Feeling uncomfortable feels normal
- \* Poor short-term memory
- \* Cannot relax even when exhausted
- \* Bloating stomach, digestive problems, Irritable Bowel Syndrome (IBS)
- \* Can't get relaxed in the evenings without wine
- \* Wake up in the early hours worrying
- \* Always irritable
- \* Struggle to ask for help
- \* Never have any significant 'me time'
- \* You check your phone on the toilet
- \* Struggle to stay in the moment
- \* You're a people-pleaser
- \* Constantly feel guilty
- \* You can't stop telling people how stressed you are

For more info, visit [drlibby.com](http://drlibby.com)



# 5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



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# 'My stoma bag doesn't stop me from being sexy!'



Lauren Henderson was determined to show Crohn's disease sufferers they shouldn't be ashamed of their bodies



**P**osing in underwear for a calendar is the last thing I thought I'd ever do, but last month, I found myself in a studio with a group of other women doing exactly that. We all had one thing in common: our stoma bags.

Looking at the group shot, you can see me there with my arm across my tummy, but that's not because I'm worried about having my ileostomy bag on show – it's because I'm trying to hide my wobbly tummy!

People might think it's really traumatic having an ileostomy bag, but it's actually been my saving grace.

## Awful symptoms

I started suffering from symptoms of Crohn's disease in 2008 and for weeks I kept having to go to the toilet. My GP sent me for tests and I was diagnosed and prescribed various medications: liquid diets, injections, infusions – even chemotherapy – but nothing worked.

Then I found out I was pregnant with my son Teddy so,

until he was born and I stopped breastfeeding, I had to come off medication. When he was old enough, I went back to the list of drugs I'd been given – ticking them off before reaching the last resort of surgery.

Being a single mum and working as a teacher is tiring enough, but the Crohn's meant that I was always exhausted and in pain. Eventually, I just couldn't cope and decided to stop working and have a holiday. That's where I met my husband, Kieran, and four months later, we were engaged.

It was the very same day I had the phone call to say the doctors were recommending me for surgery to have my large intestine disconnected from my small intestine. This would mean a bit of my bowel would be poking out of my tummy and would be connected to a bag to collect waste. It was a lot to take in, but when the nurse showed my mum and me the bag, we both

breathed a sigh of relief – it was small and opaque. The hope was that the bag would give my large intestine a rest for a few years, then it could be reconnected.

It sounds silly, but my main worry was that Kieran wouldn't fancy me any more. I didn't

even know whether we'd still be able to have sex and my doctor said he couldn't advise about that.

Nevertheless, I had my first surgery in June 2012, but the

results weren't what I'd hoped. I was still in a lot of pain and passing a lot from my bottom – even though it was no longer connected, the bowel was cramping and causing me pain.

In the end, the doctors said they could completely remove my large intestine, but wouldn't recommend it because, at 25, I was young and might want more children – having the surgery cuts your chances of getting pregnant because the removal of your rectum means

your uterus is unsupported. But I didn't care, if my large intestine was so infected, what was the point of having it?

In December 2012, I had the second surgery and felt better immediately. Just eight weeks later, I was back at work, and three months later, in March 2013, Kieran and I got married. Despite the doctors' warnings I was pregnant with our daughter Bella by November.

My family tell me I'm a completely different person now and I know I'm a much better mum. When Teddy was little and I was so ill, I'd pray for him to go back to sleep in the morning, so I could sleep for longer. Now, I can do so much with both of them – nothing holds me back.

That's why this calendar and my charity, Purple Wings, is so important to me – if I can show people that having surgery for Crohn's isn't the end of the world and give them extra confidence, then I'll be happy.

**\* You can order the calendar at [purplewingscharity.com](http://purplewingscharity.com)**

**\* More about CROHN'S**

Think you might be a sufferer? Find out about symptoms and treatments at [goodtoknow.co.uk/crohns](http://goodtoknow.co.uk/crohns)

'Having surgery for Crohn's isn't the end of the world'



A woman with dark hair and blue eyes, wearing a black and grey sequined halter-neck dress, stands in a doorway. She is looking off to the side with a slight smile. The background is a warm, dimly lit room with a Christmas tree visible on the left, decorated with lights and ornaments. The text 'GET LBD READY' is overlaid in large white serif font, and 'in minutes' is in a red script font below it. There are several white starburst graphics around the text.

# GET LBD READY *in minutes*

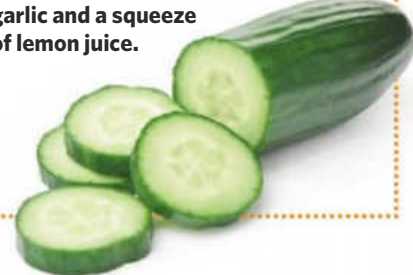
Add these five foods to your diet over the festive season  
and you'll have a flatter tum in no time!



## PINEAPPLE

When your LBD feels tight around the tum, stimulate your digestion rather than soothing it, says nutritional therapist Emma Gardner, a specialist in digestive health. 'A key reason for bloating is due to incomplete break down of foods, which then cause the production of gases. Pineapple and papaya contain enzymes that will aid digestion and reduce wind,' she says.

**\* PAIR WITH Coconut water, which is rich in potassium and reduces water retention, and turmeric or ginger for their anti-inflammatory properties. 'Whizz them up in a tropical smoothie by combining ½ diced pineapple (frozen or fresh) or 1 papaya (when available) with 130ml coconut water, 1tbsp coconut milk, ½cm peeled ginger, 1 handful spinach, 1tsp turmeric and a couple of ice cubes,' says Emma.**



## CUCUMBER

All of us have probably felt the embarrassment of 'the big bloot' on a night out – and the culprit can often be water retention. Exacerbated by prolonged sitting or standing, and certain meds or high-salt diets, it can be relieved by eating naturally 'diuretic' foods, such as cucumber, which has a high water content, increases urination and helps flush out excess fluids. Also low in calories, cucumber has the added benefit of being rich in

sulphur and silicon, which are thought to support healthy kidney function.

**\* PAIR WITH Diuretic beetroot and soothing mint. Stir bite-sized chunks of roasted beetroot and cucumber into a dressing made from chopped mint, Greek yogurt, olive oil, crushed garlic and a squeeze of lemon juice.**

## LINSEED

'Recent research suggests that milled, ground or whole linseeds (or flaxseeds) have shown promising results in studies focused on IBS patients, and may help with symptoms, such as bloating and constipation,' says registered nutritionist Charlotte Stirling-Reed. 'Linseeds also contain plenty of fibre and additionally are the richest source of plant-based omega-3s.'

**\* PAIR WITH Potassium-rich parsley (used for centuries as a digestive tonic) and garlic. Think 'flaxo' rather than 'pesto' and add flaxseeds/linseeds to a classic pesto recipe in place of the basil and pine nuts.**



## Fat-free FINGER FOODS

Throwing a party? These nibbles have practically zero fat, but still have tons of flavour. Your guests will never guess they're low cal...

**\* GET DUNKING** Dip vegetable crudités into a whizzed-up can of salmon with half a cucumber, 2tbsp low-fat mayonnaise, a pinch of paprika and a squeeze of lemon.

**\* SKINNY SKEWERS** Thread pineapple chunks and prawns onto wooden skewers and marinate in lime, grated fresh ginger, crushed garlic and a handful of coriander, before grilling.

**\* TOP TINY TOASTS** Pulse 1 can tomatoes with 1 chopped onion, 2 crushed garlic cloves, ½ green pepper and a handful of fresh herbs. Brown thin slices of polenta under the grill and top with the salsa.

**\* LOW FAT & FESTIVE** Make mini Father Christmas canapés by stirring 1tsp vanilla extract into low-fat crème fraîche and sandwich between halved, scooped-out strawberries.

**\* TURN OVER A NEW LEAF** Cook chicken strips in 3tbsp soy sauce, a cube of freshly grated ginger, 1tsp sugar, 1 crushed garlic clove and an egg cup of linseeds, then fill lettuce leaves with the mixture.

## OATS

Constipation or sluggish digestion can be down to a lack of dietary fibre, but it's hard to find fibrous foods that won't turn your LBD from prom to puffball. 'Oats have a low glycaemic index, so release their energy steadily, helping to keep you feeling fuller for longer,' says registered health nutritionist Dr Emma Derbyshire.

**\* PAIR WITH Water or milk. As half the fibre in oats is soluble, mixing them with a liquid is the best way to digest them slowly, allowing your intestine to absorb all those lovely nutrients. Make a simple porridge or oat milk, but skip the jam and honey.**

## BANANA

Peel away the skin of this sweetie and you'll reveal a potassium powerhouse. 'We know potassium can reduce water retention by helping balance sodium levels,' says The Naked Nutritionist Daniel O'Shaughnessy. 'Plus, being deficient in this mineral has been linked to bloating and constipation.'

**\* PAIR WITH Probiotic-packed live yogurt and active manuka honey, which is thought to be an aid against acid reflux and indigestion. Blend these with a banana and a little milk to make a smoothie.**





# Breathe YOURSELF HEALTHY

Lose weight, sleep better and improve your sex life –breathing can help in more ways than you might imagine

**W**e do it over 25,000 times a day without even thinking about it. But it's estimated that 80% of us aren't breathing properly. We don't take in the full three litres our lungs can hold, so we don't get the optimum amount of oxygen that our bodies would like. For most of us, it's caused by lifestyle factors like stress, weight gain and posture. So we've asked the experts how we should be breathing and how we can use simple techniques to enhance our overall well-being. Now, sit back, relax, and take a big deep breath...

## TOP TECHNIQUE

**So how should we actually be getting our O2? According to the experts, in order to utilise our full capacity, we should be breathing into our diaphragm. 'A great tip is to watch how babies breathe. Look at the way their stomach moves up and down as they breathe, now try and do the same,' says physio and osteopath Tim Allardyce. 'Take a deep breath in and expand your stomach. Don't let your chest raise up. This will teach you to use your diaphragm and allow you to breathe deeply.'**

## NOW TRY IT

Tim suggests trying the following exercise to help 'retrain' the way you breathe:

- \* Lie flat on your back on a bed or sofa.
- \* Place one hand on your stomach and the other on your chest.
- \* Take a deep breath in and push your belly (and your hand) upwards.
- \* Try and keep the movement of your chest to a minimum, so you concentrate on the deep breathing.

## SPEED UP YOUR METABOLISM

It may sound too good to be true, but the amount of oxygen we take in does affect the amount of calories we burn. Breathing more oxygen can reduce blood pressure, which helps to boost your metabolism. Yoga

breathing exercises, like pranayama, are a great way to increase oxygen flow and help you learn to breathe more effectively. Try pranayama's 'Skull Shining' technique... Sit with your spine straight and take a deep breath in. As you exhale, pull in your stomach and navel

back to your spine as comfortably as you can. As you relax air will flow into your lungs automatically. Repeat 20 times. But do remember that a Big Mac is not an appropriate reward for mastering this technique - breathing can help, but it can't counteract a bad diet.

## SLEEP DEEPER

If you have trouble dropping off at night, you might be better off counting your breaths than sheep. A new breathing exercise, pioneered by Harvard Scientist Dr Andrew Weil and called the 4-7-8 (also known as Relaxing Breath), can apparently help you nod off quicker. Just exhale through your mouth while making a

whoosh sound, then inhale through your nose while counting to four. Hold your breath for seven, then exhale through your mouth for a count of eight, again making a whoosh sound. According to Dr Weil, the technique will relax the parasympathetic nervous system and help calm you down, so you can sleep easier.

## BEAT STRESS

Have you ever found yourself holding your breath in a stressful situation? Well, you're not alone. In fact, whenever we're feeling anxious our body tends to constrict, our muscles tighten and our breathing becomes shallower. But here's the thing - breathing better can help you feel more calm and equipped to deal with those tricky situations.

'Slow, controlled breaths and continuous practice of deep breathing techniques can help alleviate stress,' says Jacqueline Harvey, author of *Your Health Is Your Wealth*. 'Anxiety starts in the mind, and if our brains do not receive enough oxygen, mental health problems can develop,' she explains.

So how should we be breathing when we're feeling stressed? Sit comfortably with your back straight and breathe in slowly through your nose and out through your mouth, pushing out as much air as you can. And remember, we should be aiming to breathe into our stomachs, not our chests. Feeling calmer yet?

## BETTER SEX

Breathing through your nose can help heat things up in the bedroom by acting as a natural aphrodisiac! Nose breathing produces nitric oxide in the nasal cavity and helps to open up blood vessels, which increases blood flow to the peripheries and, in turn, improves your libido. Not convinced? Try breathing through your nose next time your other half's feeling amorous and see how things get flowing!

Breathing exercises are a great way to speed up your metabolism... but a Big Mac is not an appropriate reward for mastering the technique!

## BOOST ENERGY

Better than a double espresso, getting your breathing in check can do wonders to boost your energy levels. Try this quick breathing exercise while you're doing the school run to help you feel perkier in no time. Inhale slowly through your nose for a count of two, then exhale for

two. Inhale again for two, but this time exhale for three - continue like this, increasing your exhalations by one count each time until you get to five. You might not be ready to run a marathon yet, but you'll certainly be ready to face that super-keen mum at the school gates.



## IMPROVE CONCENTRATION

Learning a few breathing techniques can help us focus better in times of uncertainty. 'Slow down your breathing to take more oxygen into your brain,' advises Jacqueline Harvey. 'This will allow you to see things more clearly.' Studies show that alternate nostril breathing can help, too. Cover your right nostril with your thumb and inhale slowly through your left. Pause, then uncover your right nostril and cover your left one with your left thumb; exhale slowly. Alternate sides and repeat a few times. You might look silly, but it's worth it to get in the zone.

## GOOD POSTURE

Are you always slouching at your desk? Well, making sure you're breathing properly could help you learn to sit up straight and prevent back problems. 'Deep breathers tend to sit straighter, slump less and stand upright, which reduces tension on your chest and neck muscles,' says Tim Allardyce. So, if you want to improve your posture, Tim

suggests trying the piston breathing exercise. Sit or stand, making sure you've got good posture, and take a deep breath in through your nose. Concentrate on filling the lungs and letting the stomach move outwards. Forcibly push the air through your nose repeatedly, until your lungs are emptied of air. Repeat for ten breaths, three times.

## BREATHE APPY



### \* UNIVERSAL BREATHING (Free, iTunes)

A simple free app with short exercises that come with an animated guide and timer. You'll be on your way to training your lungs to breathe at their full capacity in no time.



### \* LONG DEEP BREATHING (79p, iTunes)

Beat insomnia and calm your mind before drifting into a restful sleep by using this for a few minutes each night. It teaches you deep breathing techniques to calm the body and mind.



### \* BREATHE2RELAX (Free, iTunes)

If you're prone to anxiety attacks or stress, keep this handy app on your phone to help you relax. With loads of information on stress and how to beat it, it also teaches you diaphragmatic breathing and exercises to decrease the body's fight or flight response.

Deep breathing helps to improve blood flow and regulate heart rate... so you can literally breathe your way to a healthier heart

# Hurray! HEALTHY COCKTAILS AT LAST

Now you can drink guilt-free – just swap your usual mojito for our alternatives and party all night long

## Mulled wine

**BEST FOR A HEALTHY HEART SERVES 4**

### WHAT?

750ml organic red wine  
2 organic wax-free oranges, halved  
3 sticks cinnamon  
½ a nut of nutmeg  
1tbsp Manuka honey  
1 vanilla pod, seeds scraped out  
75ml apple cider vinegar  
Cloves, to taste  
40 drops 1:3 Milkthistle Tincture ([baldwins.co.uk](http://baldwins.co.uk))

**WHY?** We've all heard that red wine is good for our hearts, right? Well organic red wine is even better as it contains less preservatives and pesticides. Cinnamon stabilises blood sugar levels, while milkthistle helps the liver get rid of toxins. 'A lot of mulled wine recipes call for apple cider, but I like to use apple cider vinegar instead,' says naturopath Melly Lou of [liquorice-lifestyle.com](http://liquorice-lifestyle.com). 'It feeds the good bacteria in our digestive system, has antimicrobial properties and helps to protect against heart disease.'

**HOW?** Simple: put all the ingredients in a pan and simmer lightly.

**TOP TIP** Chewing cloves relieves toothache.



## Fique tranquilo **BEST FOR NO HANGOVER SERVES 1**

### WHAT?

50ml London Dry Gin  
50ml Vita Coco Natural Coconut Water  
50ml ginger beer  
5 fresh mint leaves

**WHY?** Coconut water does wonders for easing hangovers as it's packed with the essential

electrolytes we lose when we drink alcohol. Combining it with your weapon of choice (we chose gin, of course) can help pre-empt the effects of alcohol, keeping you hydrated and settling your stomach. Mix with ginger beer, which contains compounds

that relieve nausea, and you're well on your way to beating that hangover before you're even tipsy.

**HOW?** Mix all the ingredients in a jug and serve over ice.

**TOP TIP** Mint leaves aid indigestion and also contain menthol, a natural decongestant.

## Bee's knees

**BEST FOR SORE THROATS SERVES 1**

### WHAT?

50ml London Dry Gin  
25ml fresh lemon juice  
25ml Manuka honey

**WHY?** Late nights and loud bars are a recipe for a lost voice, so try this tasty alternative to a hot toddy. 'Manuka honey can boost your immune system, helping to protect from bacterial infections,' says Melly, 'it's also a healing antibiotic and anti-inflammatory for the digestive tract.' Add the benefits of fresh lemon juice and you could kick your cold in no time.

**HOW?** Use a dash of hot water to stir the honey into a syrup. Pour the gin, lemon and some ice into a cocktail shaker and add the honey syrup. Shake well, then tip into a glass.

**TOP TIP** Always choose a Manuka honey with a UMF (Unique Manuka Factor) above 10 – it means it has maximum antibacterial benefits.

### \* Even BETTER



Prefer alcohol-free cocktails? See lots of fun ideas at

[goodtoknow.co.uk/mocktails](http://goodtoknow.co.uk/mocktails)





THE  
**SARNIE**  
WITH A LITTLE  
*Je ne sais quoi.*



Introduce a bit of French flair to your snacks.  
With its mild, creamy taste and oozing texture,  
President Brie makes any sandwich superbe.



# REAL Food

 **GoodtoKnow.co.uk**



**HI THERE!**

**DIGITAL FOOD EDITOR  
ANNA SBUTTONI SHARES  
HER BEST BUYS, CLEVER  
CHEATS AND EASY RECIPES**

## #TRENDING NOW

### 50 quick and easy canapés

Everyone loves a nibble, and this party range will see you through to New Year. Try some of our most popular canapés, like this Parma ham and mozzarella recipe – it's been shared more than 30,000 times across our Facebook and Pinterest pages!

 You can find lots of ideas for simple, yet delicious party bites at [goodtoknow.co.uk/canapes](http://goodtoknow.co.uk/canapes)

SOMETIMES THE SIMPLEST IDEAS  
FOR CANAPES ARE THE BEST AND THESE  
COULDN'T BE EASIER - OR MORE TASTY



## WE LOVE... GINGERBREAD

For a real taste of Christmas, make your own gingerbread. Keep it rich and spicy, held together with delicious golden syrup and black treacle. You can either bake a festive family or try a loaf.


 Watch our video to see how easy it really is at [goodtoknow.co.uk/gingerbread](http://goodtoknow.co.uk/gingerbread)



## THIS MONTH...

### The best Christmas buys

Check out the festive foods everyone will be talking about this year. Some treats are best homemade, but here's one you'll want to buy: this delicious Belgian Chocolate Bûche de Noël is £10 from Sainsbury's.

 Find more great buys - [goodtoknow.co.uk/tastetest](http://goodtoknow.co.uk/tastetest)



## 3 OF THE BEST...

### Festive food hacks

A TRIO OF IDEAS - YOUR LIFE MADE EASY

#### EASY FIX

To thicken gravy that's too thin, simply mash a roast potato and stir through – it's the tastiest cheat, and it works.



#### THAT'S NEAT

Cook your stuffing in a 12-hole cake tin – it makes it much easier to serve and you get equal portion sizes.



#### JUST CHILL

Forgot to put the festive fizz in the fridge? To chill in a flash, wrap the bottle in damp kitchen roll and pop in the freezer for 15 minutes.





# One-pot WONDERS

Toss all your ingredients in together and whip up a feast  
- it's fuss-free entertaining at its finest!

Ready  
in a  
flash

## THAI RED TURKEY CURRY

**SERVES 4 READY IN 25 MINS**

1tsp rapeseed oil  
4 shallots, sliced  
4 turkey escalopes, cut into strips  
2tbsp Thai red curry paste  
400ml can reduced-fat coconut milk  
150ml chicken stock  
4tsp fish sauce  
1tsp caster sugar

1 red pepper, sliced  
200g baby spinach leaves  
Juice 1 lime  
1 small bunch basil leaves, torn  
1 small bunch coriander, roughly chopped  
Lime wedges, to serve

**1** Heat the oil in a large, deep frying pan and fry the shallots for a few mins, to soften. Add the turkey and fry for 5 mins to lightly brown.

**2** Stir in the curry paste and cook for 1 min. Add the coconut milk, chicken stock, fish sauce and caster sugar, and

stir well to combine. Add the pepper and simmer for 15 mins.

**3** Add the spinach, lime juice, basil and coriander, and cook for 1 min more. Serve with rice and lime wedges on the side.

**350 CALS PER SERVING**

**12g FAT 7g SAT FAT**

**6g CARBS**





Three  
easy  
steps

## CHICKEN & CHORIZO WITH SWEET POTATOES

**SERVES 6 READY IN 1 HR**

3 red onions, cut into wedges  
3 cloves garlic, bruised  
300g chorizo, cut into chunks  
3 sweet potatoes, cut into chunks  
1 red pepper, cut into chunks  
1-2tsp smoked paprika  
6 chicken thighs  
2tbsp olive oil

250g cherry tomatoes on the vine  
250g spinach

**1** Heat the oven to 200C, gas 6. Scatter the onion wedges, garlic, chorizo, sweet potato and pepper into a large roasting tin. Sprinkle over the

smoked paprika and stir.

**2** Place the chicken thighs on top of the onion mixture, drizzle with olive oil and season with salt and freshly ground black pepper. Roast for 25-30 mins.

**3** Add the tomatoes (still on the vine) to the pan, baste

with the juices and return to the oven for a further 10-15 mins until cooked through. Add the spinach for the final 5 mins of cooking. Serve with crusty bread.

**546 CALS PER SERVING**

**26g FAT 8g SAT FAT**

**40g CARBS**





**Tasty  
& meat  
free**

## AROMATIC PANEER CURRY

**SERVES 4 READY IN 45 MINS**

75g raw unsalted cashew nuts  
3tbsp sunflower oil  
4 onions, chopped  
3 small green chillies,  
deseeded and chopped  
25g fresh coriander,  
plus extra, to serve  
1tsp ground coriander  
½tsp ground cumin  
6 cardamom pods, crushed  
1 cinnamon stick  
4 garlic cloves, crushed  
25g fresh ginger, grated  
500g paneer, cut into  
chunks  
A few drops rose water  
Juice ½ lime

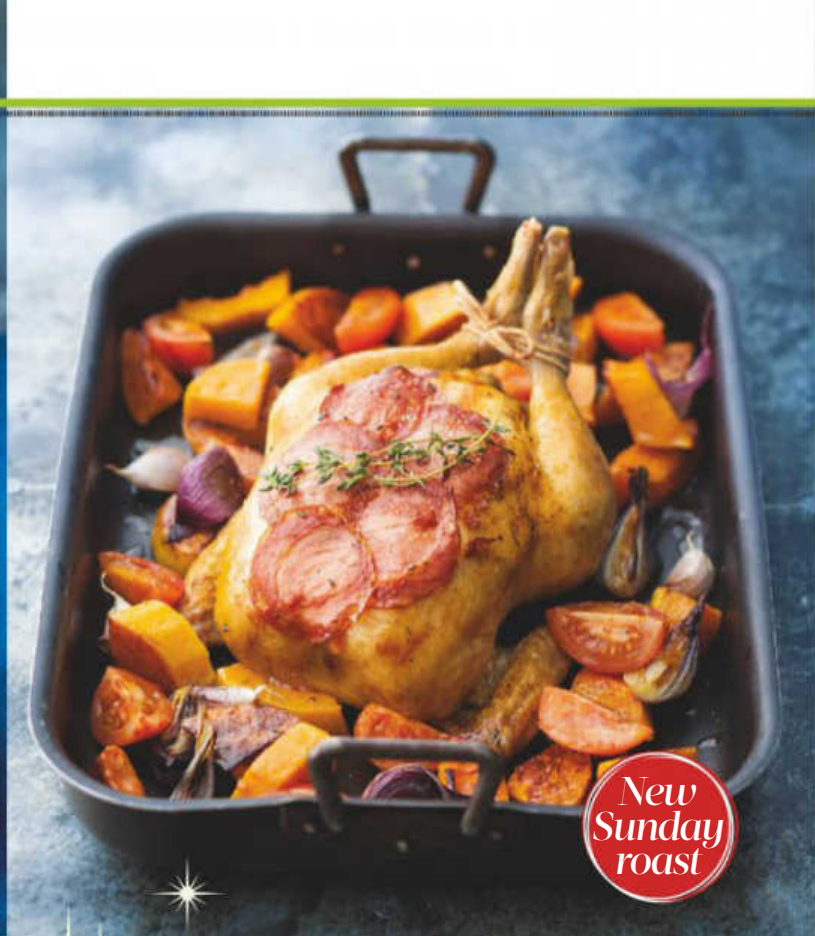
**1** Soak the nuts in 200ml cold water for 20 mins. Heat 2tbsp of the oil and fry the onion until softened and lightly browned.

**2** Put the softened nuts in a blender with the soaking water, onion, most of the chilli and coriander, and blitz to a paste. Heat the remaining oil and gently fry the spices, garlic and ginger for a few mins. Add the nut paste and paneer, mix and cook for a few mins.

**3** Add 150-200ml water and the rose water, and simmer for 5-10 mins, until the paneer is warm.

**4** Mix the remaining chilli and coriander with the lime juice. Serve alongside the curry with pilau rice, naan bread and chutney.

**461 CALS PER SERVING**  
**27g FAT 9g SAT FAT**  
**19g CARBS**



**New  
Sunday  
roast**

## WHOLE ROAST CHICKEN WITH SQUASH, CHORIZO & THYME

**SERVES 6 READY IN AN EASY 2 HRS**

1 butternut squash, peeled  
and cut into chunks  
2 red onions, cut into wedges  
6 whole garlic cloves,  
unpeeled  
2tbsp olive oil  
1.75kg fresh chicken  
5 slices chorizo  
A few sprigs thyme  
6 medium tomatoes,  
quartered

**1** Heat the oven to 200C, gas 6. Mix the squash, onion wedges, garlic and 1tbsp oil in a roasting tin.

**2** Put the chicken on top of the vegetables in the tin, top with chorizo slices and the remaining oil. Tuck the thyme into the

chicken cavity and among the vegetables. Roast the chicken for 1 hr.

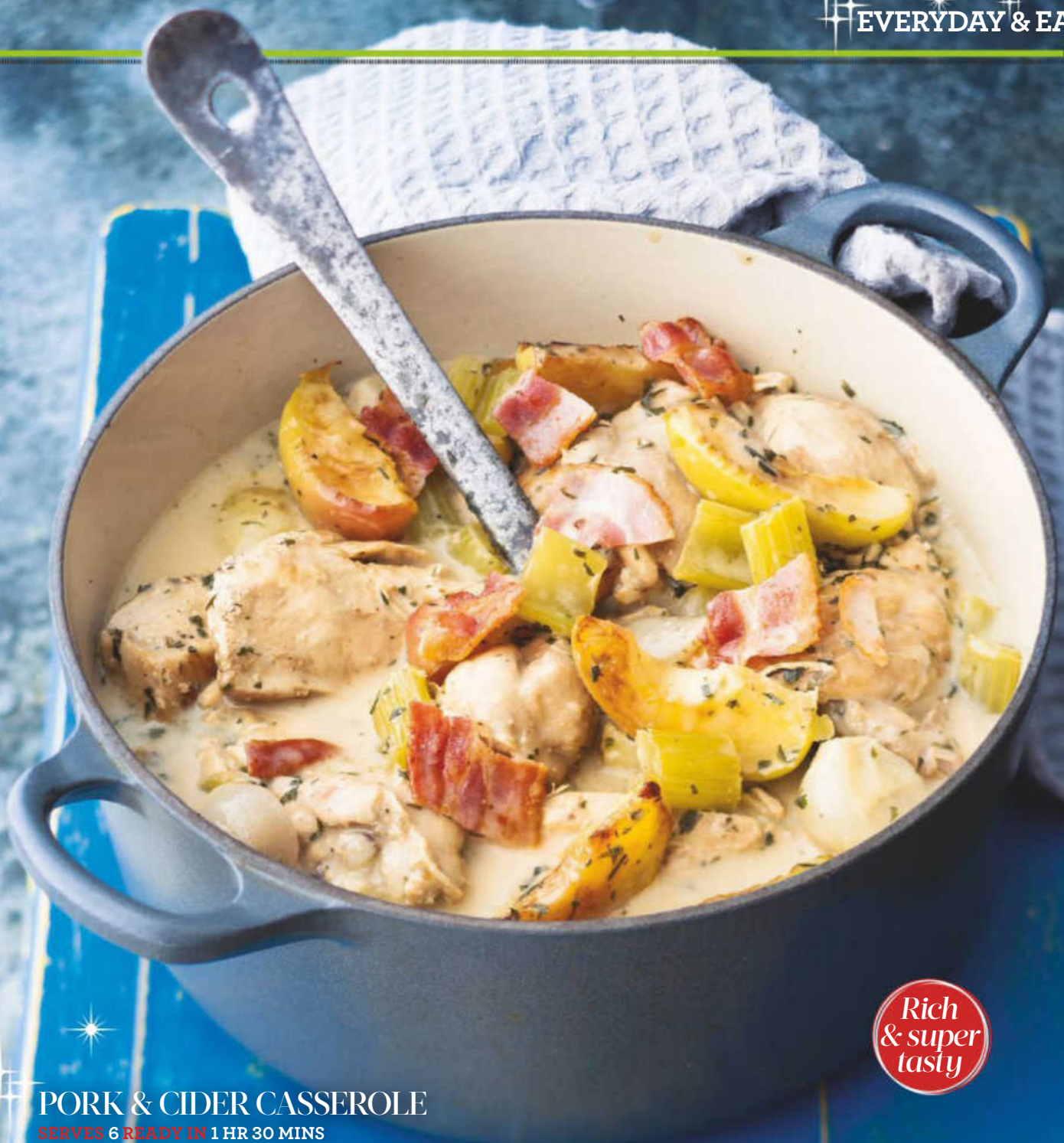
**3** Take the chicken out of the tin and stir the tomatoes into the veg. Put the chicken on top, basting with the juices. Cook for another 30-40 mins, until the chicken is cooked and its juices run clear.

**4** Set the chicken aside to rest for 10 mins before carving. Stir the vegetables and put them back in the oven to finish cooking for 10 mins. Carve the chicken and serve with the mixed veg and baby new potatoes.

**374 CALS PER SERVING**  
**11g FAT 3g SAT FAT**  
**17g CARBS**

This good-for-you roast is a great one to serve up all year round – just switch the vegetables to give it a seasonal flavour





Rich  
& super  
tasty

## PORK & CIDER CASSEROLE

**SERVES 6 READY IN 1 HR 30 MINS**

45g butter  
1kg pork loin, sliced  
8 shallots, peeled  
3 sticks celery, chopped  
2tsp cornflour  
300ml dry cider  
500ml chicken stock  
2 eating apples, quartered,  
cored and cut into wedges  
4 rashers streaky bacon,  
cut into quarters  
200ml crème fraîche

2tbsp Dijon mustard  
1tbsp fresh tarragon

**1** Heat the oven to 190C, gas 5. Heat 25g of the butter in a large, flameproof casserole dish, then add the slices of pork. Cook over a high heat for about 5 mins, until the meat is browned all over, turning as needed. Season well with salt and freshly ground black pepper.

**2** Add the shallots, celery and cornflour, and cook for a few mins. Pour in the cider and stock – continue stirring to prevent any lumps forming. Bring to the boil, then cover and cook in the oven for 40 mins.

**3** Meanwhile, heat the rest of the butter in a non-stick pan and add the apple wedges. Fry on both sides until lightly browned. Set aside and keep

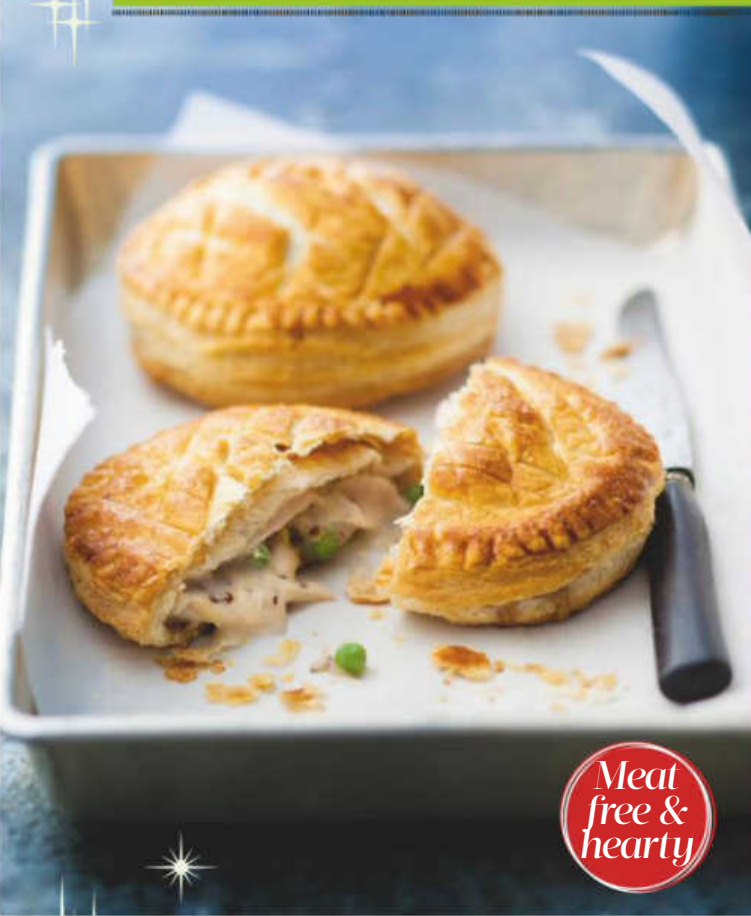
warm. Add the bacon and fry until crisp, then set aside.

**4** Add the crème fraîche, mustard and dried tarragon to the casserole liquid. Bring back to the boil, then simmer gently for 3 mins, until thickened and smooth.

**5** Serve topped with apple wedges and crispy bacon.

**500 CALS PER SERVING 31g FAT 17g SAT FAT 9g CARBS**





Meat  
free &  
hearty

## WILD MUSHROOM MINI PIES

**SERVES 4 READY IN 45 MINS**

1 leek, thinly sliced  
400g mixed wild mushrooms, sliced  
1tbsp sunflower oil  
1tbsp plain flour  
½tsp dried tarragon  
100ml white wine  
410g can condensed mushroom soup  
125g petits pois  
1tbsp wholegrain mustard  
400g puff pastry  
1 egg, beaten

**1** Heat the oven to 210C, gas 7. Fry the leek and mushrooms in oil for 5 mins until soft. Add the flour and tarragon to make a paste and cook for 2 mins. Whisk in the

wine and boil until thickened.

**2** Add in the soup, peas and mustard, and heat to a simmer. Leave to cool.

**3** On a floured surface, roll out the pastry to the thickness of a £1 coin. Cut out 4x10cm lids and 4x12cm bases. Brush egg on the rims, divide the pie mix between all 4, then add the lids. Make a small hole in the centre of each and score.

**4** Brush with egg and bake for 15-20 mins until the pastry is puffed and deep golden.  
**557 CALS PER SERVING**  
**32g FAT 15g SAT FAT**  
**64g CARBS**

If you fancy something a bit more meaty, replace the mushrooms with leftover roast chicken and use cream of chicken soup



\*For **MORE RECIPES**



For more all-in-one recipes, just go to [goodtoknow.co.uk/onepot](http://goodtoknow.co.uk/onepot)

## WINTER SAUSAGE PASTA BAKE

**SERVES 4 READY IN 40 MINS**

1 pack mixed peppers  
1 aubergine, chopped  
1 courgette, chopped  
2tbsp garlic oil  
454g caramelised onion  
sausages  
300g penne  
2x340g tomato and basil pasta sauce  
Handful of basil, torn  
125g mozzarella, torn

**1** Heat the oven to 200C, gas 6. Toss the peppers, aubergine and courgette in garlic oil and tip into a roasting tin. Remove the sausage meat from the skins and roll each portion into

3 meatballs. Add to the vegetables and roast for around 20 mins, until just cooked and lightly charred.

**2** Boil the pasta for 8 mins, until just cooked. Drain and return to the pan, then stir through the roasted vegetables, meatballs, pasta sauce and basil. Season, stir, then tip into the roasting tin.

**3** Scatter mozzarella over the top and return to the oven for 15 mins, until cheese is golden and bubbling. Garnish with basil to serve.

**779 CALS PER SERVING**  
**41g FAT 15g SAT FAT**  
**64g CARBS**

Simple  
comfort  
food

# GoodtoKnow

Your life  
**MADE  
EASY**



*CHRISTMAS ISN'T OVER JUST YET...*  
*100's OF FUN RECIPES PLUS VIDEOS*

GoodtoKnow.co.uk





# *Anyone for* DESSERT?

Show off your baking skills and serve up a slice of deliciousness with these ultimate sweet treats



*Wow  
factor!*



## PROSECCO, WHITE CHOCOLATE & ROSE BUNDT

**SERVES 12**

**READY IN 1 HR 30 MINS**

250g butter, softened  
 250g golden caster sugar  
 140ml carton buttermilk  
 2 large eggs, lightly beaten  
 4tbsp prosecco  
 A few dashes rose water  
 Zest 1 lemon  
 1tsp vanilla extract  
 375g self-raising flour  
 1tsp bicarbonate of soda  
**For the drizzle**  
 150g white chocolate  
 3tbsp prosecco  
 2tbsp single cream  
 Pink food colouring gel  
 Rose petals

**1** Heat the oven to 160C, gas 3. Butter a 2.5-litre bundt tin. Cream the butter and sugar together in a bowl until light and fluffy. In a jug, mix together the buttermilk, eggs, prosecco, rose water, lemon zest and vanilla extract. Pour this into the butter mixture and mix well.

**2** Next, sieve the flour and bicarbonate of soda over the wet cake mix, then fold in carefully until you have a thick, smooth batter.

**3** Pour the batter into the prepared bundt tin and bake for 50 mins to 1 hr until risen and firm, and a metal skewer comes out clean when inserted. Leave the cake to cool in the tin for 20 mins, then turn out onto a cooling rack to cool completely.

**4** To make the drizzle, gently melt the chocolate with the prosecco and cream in a small pan. Once melted, stir through the pink food colouring, then drizzle over the cake. Scatter over the rose petals and serve.

**450 CALS PER SERVING**  
**23g FAT 14g SAT FAT**  
**53g CARBS**



## IRISH COFFEE MERINGUE ROULADE

**SERVES 12 READY IN 1 HR 30 MINS**

4 large egg whites  
 125g golden caster sugar  
 2tsp gluten-free cornflour  
 300ml double cream  
 3tbsp cocoa powder  
 2tbsp whisky  
 2tbsp Bailey's liqueur  
 1tbsp icing sugar  
 50g chocolate-covered coffee beans  
 100g gluten-free dark chocolate  
 2tbsp double cream

**1** Heat oven to 150C, gas 2. Line a 30x20cm Swiss roll tin with baking paper.

**2** Whisk the egg whites until stiff, then add the sugar until the mix is stiff. Whisk in the cornflour. Spread the meringue evenly in the tin and bake for 1 hr. Leave to cool in the tin.

**3** Whisk the cream, 2tbsp cocoa, whisky and Bailey's together to form soft peaks. Sieve the remaining cocoa and icing sugar over a sheet of baking

paper and upturn the meringue on to it. Peel away the lining paper.

**4** Spread the cream over the meringue and scatter with coffee beans. With a short end closest to you, lift the baking paper to roll up into a roulade. Lift onto a serving plate.

**5** Melt the chocolate with the cream and drizzle over the meringue before serving.

**258 CALS PER SERVING**  
**18g FAT 11g SAT FAT**  
**18g CARBS**

Gluten  
free





## CHOCOLATE, PRUNE & ARMAGNAC PUDDINGS

**SERVES 6 READY IN 45 MINS**

100g prunes  
50ml Armagnac  
2tbsp cocoa powder  
150g dark chocolate  
150g butter, softened, plus extra for greasing  
85g golden caster sugar  
3 large eggs  
3tbsp plain flour  
300ml double cream  
1tbsp icing sugar  
3 mini chocolate bars, we used Ohso Good Chocolate (£2.99, Holland & Barrett)  
Edible gold glitter, to decorate

**1** Gently warm the prunes and Armagnac together in a small pan for 3-4 mins until almost boiling. Remove the pan from the heat, then set aside and leave

to infuse. Once cooled, whizz in a blender until smooth.

**2** Heat the oven to 200C, gas 6. Lightly grease 6 dariole moulds, then dust with cocoa and set aside. Gently melt the chocolate and butter in a saucepan. Remove from the heat and stir through the sugar, eggs and prune mixture. Fold in the flour and pour into the prepared cake moulds.

**3** Bake for 20-25 mins until just set. Once cooked, turn out and allow to cool slightly.

**4** Meanwhile, whip the cream and icing sugar to soft peaks. Spoon over the puds and top with half a mini chocolate bar and glitter.

**837 CALS PER SERVING**  
**63g FAT 38g SAT FAT**  
**52g CARBS**

New-  
boozy  
pud

## RHUBARB FRANGIPANE TART WITH GINGER CREAM

**SERVES 10 READY IN 1 HR 30 MINS**

500g rhubarb, trimmed and chopped  
Zest and juice 1 orange  
320g ready-rolled puff pastry  
150g butter  
150g caster sugar  
2 large eggs  
225g ground almonds  
½tsp ground ginger  
25g flaked almonds  
2tbsp stem ginger syrup  
8tbsp extra thick double cream  
2 balls stem ginger, chopped  
1tbsp icing sugar

**1** Simmer the rhubarb in a pan with orange juice and zest until soft and sticky, then leave to cool.

**2** Line a 22cm fluted cake tin with the pastry, trim and chill. Heat oven to 220C, gas 7. Line the pastry case with baking paper, fill with

baking beans and bake for 12-15 mins. Remove beans and return to the oven for 3-4 mins, if needed. Reduce the heat to 190C, gas 5.

**3** In a bowl, cream together the butter and sugar until light and fluffy. Add the eggs and whisk. Fold in the ground almonds and ground ginger.

**4** Spoon the rhubarb mix into the pastry case, top with the almond mix and sprinkle over flaked almonds. Bake for 35-40 mins until golden and springy.

**5** Meanwhile, stir the ginger syrup into the cream and top with stem ginger. Dust the tart with icing sugar and serve with the ginger cream.

**558 CALS PER SERVING**  
**42g FAT 17g SAT FAT**  
**34g CARBS**



Sweet  
'n nutty



# FERRERO ROCHER SUNDAES

**SERVES 6 READY IN 30 MINS**

415g chocolate fudge brownie mix  
6 Ferrero Rocher chocolates  
2tbsp chopped toasted hazelnuts  
12 chocolate wafers, we used Bahlsen Waffelecken  
4tbsp Nutella  
2tbsp double cream  
500ml vanilla ice cream

**1** Make the brownie mix to pack instructions and allow to cool.

**2** Using a cookie cutter, stamp out six circles of brownie mix and put into the base of six serving glasses. Pop a Ferrero Rocher in the centre of each. Sprinkle over half the hazelnuts, then crunch up 6 wafers to sprinkle over.

**3** Meanwhile, spoon the Nutella and cream into a bowl, and microwave

for 15 secs at a time, until melted and well combined.

**4** To serve, top each sundae with a spoonful of the vanilla ice cream, then drizzle over some of the Nutella sauce, top with chopped hazelnuts and add a chocolate wafer to each.

**630 CALS PER SERVING**

**27g FAT 12g SAT FAT**

**97g CARBS**

Oh-so  
simple

To make these sundaes even more indulgent, try using Häagen-Dazs Praline & Cream Ice Cream instead of vanilla

## \* Watch & LEARN



For even more recipes with this hazelnut and chocolate favourite, go to [goodtoknow.co.uk/ferrerorocher](http://goodtoknow.co.uk/ferrerorocher)



# *Your easiest-ever* COCKTAILS

These party aperitifs will have your tastebuds tingling with every sip – it's a shame you have to share them, really

## SHERRY SWEET

**MAKES 2** READY IN 5 MINS

Pour 150ml **Amontillado sherry** in a jug with 100ml **St Germain elderflower liqueur** and a few dashes of **Angostura bitters**. Mix well and leave in the fridge until well chilled. To serve, pour into short-stemmed glasses and garnish each with twisted **lemon zest**.



## CITRUS & APPLE SPRITZ

**MAKES 6**  
**READY IN 5 MINS**

Mix the juice of 3 **limes**, 1 **lemon** and 1 **orange** with 200ml **cloudy apple juice** and 200ml **gin** in a jug. Half fill 6 glasses with crushed **ice**, pour over the juice and top up with **Cava** and a slice of **apple**.



## NEGRONI SPUMANTE

**MAKES 1**  
**READY IN 5 MINS**

Fill a wine glass with cubed ice, then pour over 25ml each of **dry gin**, **Campari** and **Martini Rosso**, and stir well. Next, pour over 75ml **prosecco** and garnish with a slice of **pink grapefruit**.



## BITTER CHERRY OLD FASHIONED

**MAKES 2**  
**READY IN 5 MINS**

Fill 2 tumblers with **ice cubes** and stir, to cool the glass. Pour 50ml **whisky** over each with a dash of **Angostura bitters**, a pinch of **caster sugar** and 2 **sour cherries**. Stir well to dissolve the sugar and serve with a slice of **orange**.



## HERB GARDEN SELTZER

**MAKES 8**  
**READY IN 5 MINS + INFUSING**

Put a handful each of **mint**, **basil** and **rosemary** into a jug with 1tsp **salt** and 1tsp **sugar**. Pour over 200ml **sparkling water** and add half a **cucumber** sliced into ribbons. Leave to infuse for at least 2 hrs. Top with sparkling water to serve.





# Brilliant no-bake BITES

Sarah Barnes, GoodtoKnow's vlogger and busy mum, knows how to keep her little ones happy

Essentials  
**KIDS**  
Kitchen  
GoodtoKnow



## CHOCOLATE SNOWBALL TRUFFLES

**MAKES 40 READY IN 20 MINS + CHILLING**

300ml double cream  
300g dark chocolate,  
chopped  
250g desiccated coconut

**1** Gently heat the double cream in a small saucepan until there's just a couple of bubbles forming on the surface. Remove the pan from the heat.

**2** Next, mix in the chopped chocolate and continue to stir until you're left with a very thick chocolate sauce with no lumps. Make sure the mix doesn't stick to the bottom of the pan.

**3** Pour the mixture into a container and leave

in the fridge for around 3 hrs – or overnight if you have time.

**4** When the chocolate mixture is completely solid, remove from the fridge. Using an ice cream scoop, scoop out portions of the truffle mixture and roll into balls.

**5** Pour the desiccated coconut onto a dinner plate and roll the truffle balls in it until they are completely coated.

**6** Pop the truffles into an airtight container and store in the fridge for up to 3 days.

**117 CALS PER SERVING**  
**10g FAT 7g SAT FAT**  
**5g CARBS**

**TO BRING SOME EXTRA CHRISTMAS  
CHEER, ADD EDIBLE GLITTER TO  
THE DESICCATED COCONUT  
BEFORE ROLLING EACH BALL**





PARTY  
PLEASERS

## POLAR BEAR CUPCAKES

MAKES 12 READY IN 10 MINS

12 ready-made cupcakes  
 400g tub ready-made buttercream icing  
 200g white chocolate, grated  
 36 white chocolate buttons

**You will also need**

Chocolate icing pen (you'll find them in the cake decorating aisle)

- 1 Take a cupcake and coat the top in buttercream icing using a palette knife – make sure you cover the whole surface.
- 2 Roll the cupcake around, icing side down, in the grated chocolate.
- 3 Add chocolate buttons for the ears and mouth. Using the icing writing pen, add the eyes, nose and a smile!

**457 CALS PER SERVING 25g FAT****8g SAT FAT 51g CARBS**

## \* More GREAT IDEAS



We have oodles of recipes for you to bake up a storm with your little ones over at [goodtoknow.co.uk/kidskitchen](http://goodtoknow.co.uk/kidskitchen)



## MARSHMALLOW RICE KRISPIE CHRISTMAS TREES

MAKES 8 READY IN 30 MINS

50g butter  
 Green gel food colouring  
 200g marshmallows  
 100g Rice Krispies  
 100g white chocolate  
 Sprinkles  
**You will also need**  
 Lolly sticks

1 Put the butter and a few drops of food colouring into a large bowl and microwave until melted. Stir to evenly distribute the food colouring. Add more food colouring at this point if you would like a deeper colour.

2 Add the marshmallows to the bowl and microwave in 30-sec

bursts, stirring regularly until totally melted and thick. Now add the Rice Krispies and stir until completely coated.

3 Turn the mixture out onto a baking tray lined with baking paper and press down firmly to a thickness of about 2cm.

4 Leave to cool completely, then cut into triangular shapes. Push a lolly stick into each triangle.

5 Melt the white chocolate and drizzle over the trees, then decorate with sprinkles.

**245 CALS PER SERVING****9g FAT 6g SAT FAT****38g CARBS**FUN &  
FESTIVE



# Time to PARTY!

Make it  
Lighter &  
healthier

Welcome 2016 in style with  
our deliciously modern Asian  
menu - Happy New Year!

STICKY PLUM  
ROAST LAMB

SESAME &  
GARLIC GREENS



SWEET CORN &  
SPRING ONION  
PANCAKES

ASIAN SLAW

Turn over to  
start cooking...

\* For more RECIPES



Get extra inspiration at  
[goodtoknow.co.uk/newyear](http://goodtoknow.co.uk/newyear)





## SESAME & GARLIC GREENS

**SERVES 8**  
**READY IN 10 MINS**

1tbsp sunflower oil  
200g green beans, trimmed  
1tsp sesame oil  
2 garlic cloves, crushed  
4 large pak choi, cut into quarters  
100g sugar snap peas  
100g choy sum or shredded spring greens  
1-2tbsp light soy sauce  
2tbsp crispy onions or salted roasted peanuts

**1** Heat the sunflower oil in a wok and stir-fry the green beans for 2 mins. Remove from the pan and set aside.  
**2** Add the sesame oil and garlic, and mix well. Add the pak choi and sugar snap peas, and mix well. Add the spring greens, stir-fry for 1-2 mins, then return the green beans to the pan. Stir in the soy sauce, then sprinkle over the crispy onions to serve.  
**63 CALS PER SERVING** 4g **FAT** 0.6g **SAT FAT** 3g **CARBS**



*The main event*

## STICKY PLUM ROAST LAMB

**SERVES 8 READY IN 5 HRS 15 MINS + RESTING**

2 large onions, thickly sliced  
1 lamb leg (around 2.5kg)  
6-8 unpeeled garlic cloves  
A few sprigs thyme  
¾tsp fennel seeds, lightly crushed  
1 cinnamon stick  
6 whole cloves  
2-3 star anise  
10 plums  
50ml rice wine vinegar  
50g light muscovado sugar  
Lime wedges, to serve

**1** Heat the oven to 200C, gas 6. Put the onions in a roasting tin and set the lamb on top. Roast for 20 mins.  
**2** Remove the tin from the oven and turn the heat down to 130C, gas ½. Add the garlic, thyme, fennel seeds, cinnamon stick, cloves,

star anise, plums and 300ml water. Cover tightly with tin foil and roast for 4 hrs 45 mins or until meltingly tender.  
**3** Remove the lamb from the tin and leave to rest for 15 mins. Meanwhile, pour the pan juices into a saucepan along with 4tbsp of the plum mix from the roasting tin. Skim off the oil and add the vinegar and sugar – add a little water if you need to.

**4** Bubble for a few mins to break up the plums and make a thick sauce (remove any plum stones). Add a squeeze of lime and lots of black pepper. Serve with sticky rice.  
**449 CALS PER SERVING**  
20g **FAT** 9g **SAT FAT** 15g **CARBS**



## SWEET CORN & SPRING ONION PANCAKES

**MAKES 8 SMALL-MEDIUM PANCAKES**  
**READY IN 20 MINS**

150g plain flour  
1 heaped tbsp white miso paste  
1tsp caster sugar  
3-5tbsp vegetable oil  
150g spring onions, trimmed and roughly shredded  
3 sweet corn cobs, corn sliced off  
1-6 (to taste) red chillies, sliced  
Handful coriander, chopped, soy and sriracha chilli sauces, to serve

**1** Whisk the flour, miso paste and sugar with a pinch of salt and 300ml of ice-cold water until just combined.  
**2** Heat a little oil in a pancake pan and add a ladleful of the mixture. After 30 secs, add a little spring onion, sweet corn and chilli. Flip over once it's browned, and cook for another min. Make 1 or 2 at a time.  
**3** Serve with fresh coriander, soy sauce and chilli sauce.  
**141 CALS PER SERVING**  
5g **FAT** 0.8g **SAT FAT** 20g **CARBS**

## ASIAN SLAW **SERVES 8 READY IN 20 MINS**

1 small white cabbage, shredded  
1 red onion, very finely sliced  
1 large carrot, cut into matchsticks  
250g Brussels sprouts, thinly sliced  
3tbsp rice wine vinegar  
5 heaped tbsp mayonnaise  
3 heaped tbsp Greek yogurt  
2tsp toasted sesame oil  
2tbsp mirin rice wine  
2tsp black sesame seeds

**1** Mix the shredded cabbage, onion, carrot and Brussels sprouts in a bowl with the vinegar and a pinch of salt, and leave for at least 10 mins.

**2** Mix the mayonnaise, yogurt, sesame oil and mirin rice wine until smooth. Toss with the vegetables when ready to serve and sprinkle with black sesame seeds.  
**167 CALS PER SERVING**  
11g **FAT** 1.5g **SAT FAT** 8.5g **CARBS**





# How to make... THE BEST PAVLOVA

Master the basics and become more confident in the kitchen



## TOP CHEFFY TIPS



- \* **Get ahead** Meringue can be kept in airtight containers for up to a week.
- \* **Low-cal cheat** Make this filling with Greek yogurt instead of double cream.
- \* **Flavour combos** Add cardamom to the meringue mix and a filling of plums, cherries and choccy sauce.

## \* Watch & LEARN



Follow our easy video - go to [goodtoknow.co.uk/makemeringue](http://goodtoknow.co.uk/makemeringue)

## TANGERINE & CARAMEL DELIGHT

READY IN 2 HRS 30 MINS SERVES 12

10 medium egg whites  
½tsp ground cinnamon  
500g golden caster sugar

1tbsp cornflour  
1tbsp cider vinegar

### For the filling

600ml double cream  
2tbsp icing sugar  
2tbsp vanilla extract  
310g passion fruit curd  
8 tangerines, peeled and sliced

100g pomegranate seeds  
75ml caramel sauce

1 Heat the oven to 120C, gas ½. Line 2 baking trays with baking paper - draw a 24cm circle on one and a 12cm circle on the other.

2 Whisk the egg whites until stiff. While whisking, slowly add the cinnamon and caster sugar until the mix is stiff. Stir

in the cornflour and vinegar.

3 Spoon ⅓ of the meringue mixture onto the large circle and smooth. Now, using another ⅓ of the mixture, spoon dollops around the edges (see photo, above right). Using the remaining meringue mix, repeat with the small circle. Bake for 2 hrs, then turn off the heat and leave in the oven to cool.

4 For the filling, whip the cream, sugar and vanilla to soft peaks. Add the curd and swirl to marble.

5 Put the large meringue on a plate and add the cream mix and tangerine slices. Top with the small meringue and add the filling. Decorate with pomegranate seeds and caramel sauce.

**540 CALS PER SERVING 29g FAT 18g SAT FAT 64g CARBS**



# 20 of the best DON'T PANIC BUYS

Even the most efficient Santas sometimes need a helping hand, check out these gift ideas



iPad case in yellow grain leather, **£45**, Annabel James



Fruity candy canes, **£1** for 12, Poundland



Roberts Revival mini DAB/FM radio, **£129.95**, John Lewis



Modern Gent's Activist Fragrance Kit, **£25**, The Body Shop



B&O Play headphones, **£109**, very.co.uk

Scott & Lawson Playing Card Set, **£3**, Sainsbury's



Limited edition yoga journal **£34.95**, [dailygreatness.co](http://dailygreatness.co)



Jewel Champagne flutes, from **£20** each, Nina Campbell







Heart PJs, **£24**, M&Co



Mondo Motors Ultra Drone X31.0 Explorers camera, **£80**, Debenhams

Happy Hour hip flask, **£14.50**, The Contemporary Home



The Good Dinosaur wash mit, **£5**, Marks & Spencer



Spend purse, **£10**, Chase and Wonder



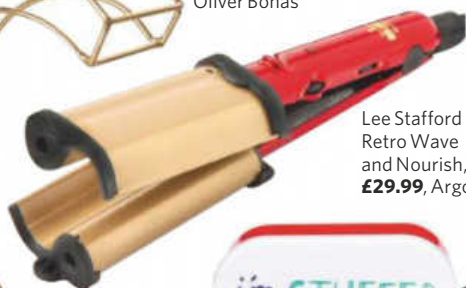
Elf sleepsuit, from **£10**, Next



Emoji cushion, **£12.99**, getting personal.co.uk



Gold alphabet letter, **£10**, Oliver Bonas



Lee Stafford Retro Wave and Nourish, **£29.99**, Argos



Laura Mercier La Petite Soufflés body cream collection, **£45**, House of Fraser



Men's scarf, **£9.99**, New Look



Set of snack boxes, **£8**, Paperchase

**\*More GIFT IDEAS**

Christmas shopping for tots to teens is sorted at [goodtoknow.co.uk/gifts](http://goodtoknow.co.uk/gifts)



# *Baby, it's cool* OUTSIDE

Snow isn't the only Christmas decoration to suit your garden...

**L**et's face it, Christmas wouldn't be the same without decking those halls - but who says you have to limit them to, well, your halls? Bring the festive cheer to your great outdoors with our quick and easy garden edit. Whether you love wreaths, favour baubles or need lanterns and lights, these updates are a surefire way to make sure Santa definitely won't miss your house this year...



## NATURAL CHARM

What could be more apt than holly and ivy? 6ft garland, **£19.99**, twig double heart and star decorations, **£4.99 each**, all Dobbies

## ANTLER UP

Display above the front door for an on-trend wreath alternative Resin reindeer 3D head, **£20**, Sainsbury's

## JINGLE BELLS

Fairy lights come in all shapes and guises now Battery-operated bell lights, **£15**, Marks & Spencer

## WINTER WHITE

Who says the tree has to stay indoors? Natural wood pine 60cm cone tree, **£15**, Paperchase

## ALL THAT GLITTERS

It'll be a very merry kiss-mas with this door wreath! Glitter mistletoe wreath, **£12.99**, Homebase

## LIGHT THE WAY

Lanterns + tealights = a very warm 'n festive welcome Wooden rope lantern, **£6.99**, Homebase

## GO GREEN

Update garden accessories with festive foliage Throw, **£49.99**, tree in watering can, **£19.99**, foliage heart wreath, **£4.99**, mini watering can decoration, **£2.99**, glitter trees on log, **£9.99**, all Dobbies

## MERRY & BRIGHT

Sit this in your window and spread it to the world Light-up Joy sign, **£30**, Sainsbury's

## BACK TO NATURE

Hang decs from as many boughs and bushes as you please Rattan bauble, **£8 for three**, Paperchase

## MAKE A WISH

This battery-operated star will twinkle all season long Warm white outdoor acrylic Christmas LED star, **£29.95**, White Stores

## TAKE A RIDE

Load this up with pressies to make a stylish focal point Sledge, **£7.99**, Homesense



# What caught your eye first, the kitchen or the price?



Made in the UK

All these Edwardian Cream Matt  
kitchen units for just\*

**£1,589**

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55 SHOWROOMS NATIONWIDE

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\* Priced kitchen is for units only and does not include the price of any handles, worktops, appliances, sink, tap, props, accessories or small worktop appliances. Must be purchased in the exact configuration as offered by Wren. No substitutions or alterations can be made. One per customer.

**wren**  
KITCHENS



Skold sheepskin rug in beige, **£40**, Ikea

Linea map globe, **£40**, House of Fraser



Personalised wooden log crate, **£34.95**, Plantabox



Carron Dante Stove in cream, **£825**, Ludlow Stoves Ltd



Stag head wall plaque, **£89**, Shepperton chair, **£499**, sheep cushion, **£15**, B&O Play by Bang & Olufsen Beolit 15 Portable Bluetooth Speaker in Natural Champagne, **£399**, rush round stool **£35**, all very.co.uk



COACH

Squirrel table lamp, **£29**, very.co.uk



Graphite check cushion, **£25**, Marks & Spencer



3D moose head, **£30**, Sainsbury's

Light naturals faux-fur throw, **£35**, Tesco Direct



MICHAEL KORS

Create the warmest of welcomes with chunky wood and trendy tartan for a chic and cosy home



Red metal pendant, **£22**, copper-look wax filled bowl, **£5**, orange knitted throw with tassels, 150x200cm, **£25**, arrow-print bedlinen, **£20** for a double set, orange and navy check throw, 150x200cm, **£16**, all Sainsbury's



Wooden stool, **£39.99**, Homesense



Rose gold lantern, **£7.99**, New Look

Weekly organiser and clock, **£45**, Next





# Look on the bright side

Revamp the look and feel of your home with 2016's most switched-on lighting trends... from just £5!

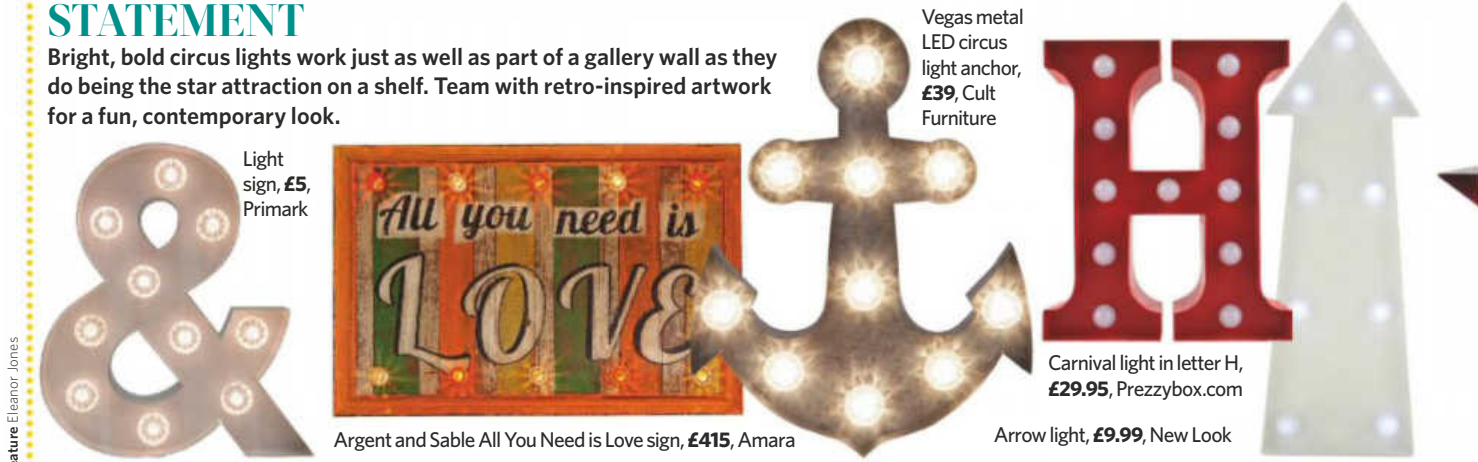
## ART DECO

For a modern take on old-school glitz and glamour this is the way to go. Whether it's a flash of gold or diamond drop, these '20s-themed lights are to buy for...



## STATEMENT

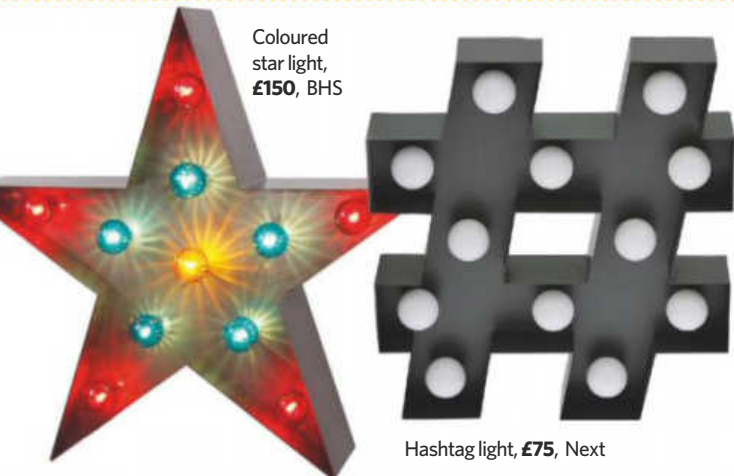
Bright, bold circus lights work just as well as part of a gallery wall as they do being the star attraction on a shelf. Team with retro-inspired artwork for a fun, contemporary look.





Don't be afraid to mix and match – chandelier and tripod styles work well together

Jensen floor light, **£199**, Georgia sofa in Dioma Floral Natural, **£1,299**, Henry armchair in Amelie Chenille Smoke, **£799**, storage stool in Altai Chenille Ivory, **£349**, chenille pinstripe cushion, **£15**, all Marks & Spencer



Coloured star light, **£150**, BHS

Hashtag light, **£75**, Next

## INDUSTRIAL

Think polished metals, raw wood and exposed brick as the backdrop for this look. Make the trend your focal point and keep the rest of the space minimal.



Geo easy-fit pendant, **£9** Next

Nickel Jiro Sputnik pendant light, **£250**, BHS

Alboran tripod chrome-effect floor lamp, **£92**, B&Q

Open wire pendant, **£12**, Wilko

Concrete-effect base lamp, **£20**, George Home at Asda

Studio pendant in satin steel, **£69**, made.com



Holly camera floor lamp, **£395**, Holly white heart, **£125**, both BHS





**LUXURY GOOSE FEATHER AND DOWN COMBINATION DUVETS FROM ONLY £79.99, PLUS £4.95 P&P - SAVE UP TO £50**

The all-seasons duvet from Starry Night is filled with 85% premium goose feather and 15% goose down, resulting in an incredibly warm duvet without the excess weight. The filling is trapped in special pockets to ensure it remains evenly distributed, eliminating cold spots. Each set includes

a 4.5 tog duvet and 9 tog duvet, which can be used separately during the spring, summer and autumn months. The duvets can be combined using the press studs to form a 13.5 tog duvet, perfect for chilly winter nights. The goose feather is encased in a super-soft, 100% cotton cover, ensuring a breathable and comforting experience.

**Available in single, double, king, super king. Add a goose feather pillow for just £14.99.**

**Electric blankets**

**FROM ONLY £14.99, PLUS £4.95 P&P - SAVE UP TO £30**

Stay lovely and warm on the coldest of nights. These blankets have three heat settings, a heat level indicator and removable power cords, so they can be hand washed. Available in luxury soft polyester lining (top) or cosy fleece (bottom) and single, double or king size. The single has a 50W element and detachable controller; double and king size have two elements and two controllers, so each half of the bed can be at the perfect temperature.



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Standard Soft Double 140x150cm	D6672	£39.99 £24.99		
Standard Soft King 160x150 cm	D6673	£59.99 £29.99		
Cosy Fleece Single 150x70 cm	D6674	£39.99 £24.99		
Cosy Fleece Double 140x150cm	D6675	£59.99 £39.99		
Cosy Fleece King 160x150 cm	D6676	£74.99 £49.99		
Single Duvet	D5465	£129.99 £79.99		
Double Duvet	D5466	£149.99 £119.99		
King Duvet	D5467	£179.99 £139.99		
Super King Duvet	D5974	£199.99 £149.99		
Pillow	D5464	£19.99 £14.99		
			<b>P&amp;P</b>	<b>£4.95</b>

**GRAND TOTAL £**

I enclose a **cheque** made payable to **BVG Airflo** (no cash, please) for the sum of £..... (name and address on the back of cheque)  
 Mrs/Miss/Ms/Mr.....Surname.....  
 Address.....Postcode.....  
 Daytime tel no.....Email.....

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HI THERE!

**CRAFT QUEEN  
GEMMA CHANDLER  
REVEALS HER TOP  
WRAPPING BUYS FOR  
THE CHRISTMAS  
SEASON**

## Stitch in time

Cross stitching is making a comeback, no really, with neon threads and minimalist designs offering a chic twist on the classic style. There's even a *Benedict Cumberbatch* – yes you read that right – book out with 15 patterns. Yours for just £9.99 from Kyle Books – well why wouldn't you?

Find more pretty stitching projects at [goodtoknow.co.uk/craft](http://goodtoknow.co.uk/craft)

75%

OF CRAFTERS SAY  
THEY FIND BEING  
CREATIVE  
RELAXING

WHY NOT CROSS STITCH  
INITIALS FOR A SUPER-QUICK, EASY,  
YET STYLISH, FIRST PROJECT



5

FREE WAYS  
TO CRAFT  
WITH THE  
KIDS

### 1 LOO ROLL

The leftover cardboard is perfect for making a pair of toy binoculars.

### 2 OLD NEWSPAPER

– whether it's tabloid or broadsheet – will all make great papier mâché projects.

### 3 SCRABBLE

TILES can be turned into quirky initial necklaces and key fobs in a flash.



### 4 EGG BOXES

– just add googly eyes and some teeth for a snapping monster.

### 5 PASTA

can be painted, then thread on string to make jewellery.

You'll find even more thrifty craft ideas to try at [goodtoknow.co.uk/kidscraft](http://goodtoknow.co.uk/kidscraft)

3 OF THE BEST

**DIY kits** I love to find new things to make and these have got all the materials I need for my next masterpiece!



Alphabet Bunting Super Craft Kit, £9.95, The Makery by Wild & Wolf



Decorate Your Own Mug, £15, Laura Ashley



Mini Project Pack, £29.95, Annie Sloan

Check out more child-friendly ideas at [goodtoknow.co.uk/craftkits](http://goodtoknow.co.uk/craftkits) – they're a brilliant way to keep the kids entertained over the holidays and make great gifts, too

## BLOG SPOT...

with **Torie Jayne**

I'm addicted to this crafty website, [toriejayne.com](http://toriejayne.com). It's crammed full of easy-to-make trinkets, the stuff crafting dreams are made of. But be warned, the images of Torie's work space, right, will cause severe sewing basket envy.



If you're not following us on Pinterest get to it, find us on [pinterest.com/GTK\\_essentials](http://pinterest.com/GTK_essentials)



# Let's get **MERRY**

Add a touch of glamour to your gathering with these stylish makes – even tinsel looks good...



## HAT TRICK

GET READY TO RING IN THE NEW YEAR WITH THESE FANCY STYLES

- \* Scissors \* Pencil \* A3 black card \* Stapler
- \* Paint pens \* Spot and star stickers \* Glue
- \* Tinsel chenille stems \* Gold tinsel
- \* Thin black elastic

- 1** Use a large round object, such as a charger plate or bin lid at 33cm diameter, to draw and cut out semi-circles of black card.
- 2** Roll the card semi-circles into cone shapes, and staple to hold in place.
- 3** Decorate the surface of the cone with paint pens, and spot and star stickers. Cut and glue tinsel chenille stems to the top of some of the hats, and staple gold tinsel around the base of others.
- 4** To keep it on your head, cut and staple a 25cm length of thin elastic to either side of each hat.

**WHERE TO BUY** A3 black card, £5 for 25 sheets, Uniball Posca Marker Pens, from £2.50 each; Blick Gold Star Stickers, 50p a pack, Blick Fashion Circle Stickers, 50p a pack, tinsel chenille stems, £1 for 25, Beads Unlimited Black Elastic, £2 for 8m, all Hobbycraft (hobbycraft.co.uk). Vinter gold tinsel, £1.50 for 6m, Framstalla stripe gift wrap, £5 for four rolls, all Ikea (ikea.co.uk). Multi-coloured tinsel, £3 for 3m, Paperchase (paperchase.co.uk)

## GOING DOTTY

CREATE YOUR OWN DESIGNER-STYLE CROCKERY WITH THIS QUICK CRAFT

- \* White plates \* Gold ceramic paint pen

- 1** Starting on one side of the plate, draw lots of dots with a gold ceramic paint pen.

- 2** Work across the plate, adding fewer dots as you go.

- 3** Leave the plates to dry. Don't put them in the dishwasher – always wash by hand.



**WHERE TO BUY** White Coupe dinner and side plates, £2 each, Wilko (wilko.com). Marabu Porcelain Painter In Gold, £4.25, Pastel Perfection Gold Table Confetti, £2, all Hobbycraft (hobbycraft.co.uk). Gold cracker, £5 a box, George at Asda (asda.com). Baubles, Debenhams (debenhams.co.uk), Very (very.co.uk) and Asda (asda.com). Party Time napkins, £3.50 for 20, Talking Tables (talkingtables.co.uk).

LOVIN'  
TINSEL  
TOWN

## SPELL IT OUT

SPRUCE UP A MANTELPIECE  
WITH GLAM GOLD LETTERS

- \* Large sheets of paper \* Scissors
- \* Large cardboard box \* Pencil
- \* Gold tinsel \* Stapler

**1** Print or draw your letters freehand onto paper and carefully cut out.

**2** Flatten the cardboard box. Draw around the templates with a pencil and cut out.

**3** Take the first letter and a length of tinsel. Staple the end of the tinsel to the bottom of the letter, and start binding the tinsel around it until all the cardboard is covered. Staple the tinsel at each corner or bend to hold it in place.

**4** When the letter is completely covered, staple the tinsel to secure and trim the end. Repeat with the other letters.

**WHERE TO BUY** Gold tinsel, £1.50 for 6m, Ikea (ikea.co.uk). Abigail Ahern flocked candle sticks, £35 each, Debenhams (debenhams.co.uk). Fur cushion, £10, Very (very.co.uk). Baubles, Asda (asda.com)





## PARTY ANIMALS

GUIDE YOUR GUESTS TO THEIR SEATS WITH THESE BLINGED-UP BEASTS

\* Plastic toy animals \* Gold spray paint  
\* Black card \* Scissors \* Hole punch \* Silver pen  
\* Tinsel chenille stems \* Beads \* Tassels  
\* Tissue paper \* Small sweets \* Ribbon

**1** Spray the plastic toy animals with gold paint and leave to dry completely, before applying a second coat.

**2** Cut out some small tags from the black card and punch a hole at one end. Write a name on each with a silver pen.

**3** Thread tags onto tinsel chenille stems or ribbon, along with beads and tassels, and tie around the necks of the animals.

**4** Wrap small square sweets in tissue, and tie onto the animals with ribbon.

ALL IN  
THE  
DETAIL

**WHERE TO BUY** Plastic toy safari animal figures, £9.99 for nine, Amazon (amazon.co.uk). Fast Dry Project Enamel in Gold Leaf, £3.99 for 100ml, PlastiKote (plastikote.com). A4 black card, £1.50 for ten sheets, tinsel chenille stems, £1 for 25, purple polyester tassels, £1.50 for ten, beads, from a selection, all Hobbycraft (hobbycraft.co.uk)

MAKE A GARLAND WITH  
LEFTOVER STARS BY STICKING  
THEM BACK-TO-BACK ON A  
LENGTH OF THIN STRING

## ALL THAT GLITTERS

TURN OLD JAM JARS INTO SPARKLY  
PARTY DRINKING TUMBLERS

\* Clean jam jars \* Masking tape \* PVA glue  
\* Paintbrush \* Sheets of newspaper \* Gold  
and silver glitter

- 1 Stick a strip of masking tape around a jam jar about two-thirds of the way up.
- 2 Paint a thin layer of PVA glue around the jar underneath the tape line.
- 3 Lay newspaper out and shake glitter all over the glued surface of the jar. Spray the jar with hairspray to seal the glitter. Leave to dry, then remove the tape.

**WHERE TO BUY** Gold and Silver Glitter Shakers, £1.50 for 20g, Pastel Perfection Gold Glitter Circle Garland, £6 for 5m, all Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)). Gold and silver straws, £3 for 30, Talking Tables ([talkingtables.co.uk](http://talkingtables.co.uk)). Purple stripe straws, £3 for 25, Pearl & Earl ([pearlandearl.com](http://pearlandearl.com))



## TWINKLE TWINKLE

CREATE THESE SPARKLY STARRY CAKE TOPPERS IN  
A FLASH – SO SIMPLE, BUT SO EFFECTIVE

\* Star craft punch \* Glitter paper  
\* Chalkboard labels \* Cocktail sticks  
\* Pencil \* Scissors \* Silver pen

- 1 Using a craft punch, make some star shapes in gold, purple and silver glitter paper.
- 2 Draw slightly smaller stars on the chalkboard labels, and carefully cut them out.

3 Place a cocktail stick on the back of each glitter star, then stick the chalkboard stars on top. Leave some of the glitter stars with no label.

4 Write a message or names on the chalkboard star with a silver pen.

**WHERE TO BUY** A6 glitter scrap paper pack, £2 for 30 sheets, Xcut Large Palm Star Punch, £6, all Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)). Chalkboard labels, £1.99 for 24, Clas Ohlson ([clasohlson.com](http://clasohlson.com)). Ceramic printed star, £3, Matalan ([matalan.co.uk](http://matalan.co.uk))

JUST  
CUT &  
PASTE

GO  
FOR  
GLITTER





**PRETTY  
PAPER  
PLEASE**

## BLOOMING MARVELLOUS

**ADD A SPLASH OF COLOUR TO YOUR PARTY SETTING**

- \* Tissue paper
- \* Thin wire
- \* Clear beading thread
- \* Scissors

**1** To make a large pom-pom, layer ten sheets of standard-sized tissue paper on a flat surface. Fold width wise in an accordion-fold pattern.

**2** Bind the centre of the tissue with wire. Cut a length of clear beading thread and tie in the centre, so the finished pom-pom can be suspended.

**3** Use sharp scissors to cut a scalloped edge on both ends of the folded tissue paper.

**4** Gently pull apart the layers of tissue and fluff them up to form a sphere.

**5** Create smaller pom-poms using half-size sheets of tissue paper.

**WHERE TO BUY** Tissue paper, £1 for six sheets, floral wire in gold, £1.99 for 22m, Salix Clear Beading Thread, £2.50 for 50m, all Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)). Baubles, from a selection, Asda ([asda.com](http://asda.com))

**MAKE MULTI-COLOURED OR TWO-TONE POM-POMS BY LAYERING UP DIFFERENT COLOURED TISSUE PAPER**

## ON THE PULL

**STYLISH AND HANDMADE TO SET YOUR FESTIVE DINNER OFF WITH A BANG**

- \* White cracker kit
- \* Pink, purple and gold thin ribbons
- \* Washi tapes
- \* Glitter duck tapes

**1** Place a cracker snap on a cracker board and tape at each end. Pop the hat, joke and a gift in the middle, then roll and close.

**2** Tie some thin ribbon at each side of the barrel to secure.

**3** Decorate the crackers with lengths of washi and glitter duck tapes.

**WHERE TO BUY** White Fill Your Own Cracker Kit, £5.99 for eight, The Little Crafty Bugs Company ([littlecraftybugs.co.uk](http://littlecraftybugs.co.uk)). Scotch Tape Purple and Pink, £4.49, Staples ([staples.co.uk](http://staples.co.uk)). MT Motif Star Washi Tape, £2.50 a roll, MT Gold and Silver Washi Tapes, £2.75 each, all Stonegift ([stonegift.com](http://stonegift.com)). Christmas Glitter Star Washi Tape, £3 for three rolls, Duck Tape Gold and Silver Glitter, £5 a roll; Ribbon, from £1 for 2m, all Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)). Baubles, Asda, Very and Debenhams. Gold snowflake giftwrap, £3 for two rolls, George at Asda ([asda.com](http://asda.com)). Black Wire Diamond Basket, £4, and confetti, £1, all Tiger ([tigerstores.co.uk](http://tigerstores.co.uk))



**BANG!  
ON  
TREND**

**\* Watch AND LEARN**



Follow our how-to video at [goodtoknow.co.uk/christmascrackers](http://goodtoknow.co.uk/christmascrackers)





STYLISH  
SHELF  
TRIMS

## HANG ON

CREATE A STUNNING BACKDROP WITH A COLOURFUL RIBBON GARLAND

\* Satin and metallic ribbons \* Ruler  
\* Scissors \* String

**1** To make a 'tassel', measure and cut out six 30cm lengths of ribbon in the same colour. Put them on top of each other.

**2** Cut a 32cm-length of ribbon. Fold the 'tassel' bundle in half and tie with ribbon about 2cm from the looped end.

Knot the ribbon to hold in place.

**3** Repeat to make different colour ribbon 'tassels', then thread each onto a length of string.

**WHERE TO BUY** Gold and blue glitter ribbon, £2 for 3m, Club Green 6mm ribbon in pink, purple and black, £4 for 25m, all Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)). Anita's Turquoise Glitter Satin Ribbon, £1 for 3m, Forever Friends Metallic Twine, £2 for two rolls, all Docrafts ([docrafts.com](http://docrafts.com)). Ceramic printed star, £3, Matalan ([matalan.co.uk](http://matalan.co.uk)). Gold pineapple decoration, £3.99, Homesense ([homesense.com](http://homesense.com)).





# MADE *with love*

Keep your pennies in the piggy bank and turn your hand to some easy homemade crafting

TAKES  
**30**  
MINS



## SNOWFLAKES LIKE HOME

**CUSHIONS ARE A CHEERFUL WAY  
TO ADD A SEASONAL TOUCH**

\* Plain fabric (100x42cm) \* Pins \* Iron  
\* Needle and thread \* Sewing machine  
(optional) \* Scissors \* Snowflake template  
[goodtoknow/templates](http://goodtoknow/templates) \* Tailor's chalk  
\* Embroidery needle \* Embroidery thread  
\* 40cm square cushion pad

**1** Lay the fabric right-side down, with the two shorter edges at each side. Use pins to mark 30cm from each end along the width, on the top and bottom edge.

**2** Turn the end in by 1cm, press, then turn another 1cm and press again. Sew along the edge to hem. Repeat with the other end.

**3** Fold both ends of the fabric, right sides together, to the pin points marked in step 1, and pin along the top and bottom edge – they should overlap in the centre and the fabric should now form a square shape. Sew along the top and bottom edge leaving a 1cm seam allowance.

**4** Turn the cover the right way round and press the seams. Print out the snowflake template, then draw over the design with tailor's chalk. Now place it, design-side down, onto the centre of your cushion cover, and press firmly to transfer the chalk onto the fabric.

**5** Using the embroidery needle and thread, sew the snowflake design onto the fabric – keep stitches taut without bunching the fabric. Finally, insert the cushion pad through the gap in the back.

TAKES  
**25**  
MINS

## JUST HANGING AROUND

**AS WELL AS BEING PRETTY, THE PADDING ON THESE MAKE  
THEM PERFECT PROTECTION FOR DELICATE CLOTHING**

\* Wadding \* Scissors \* Wooden coat  
hanger \* Needle and thread \* Fabric  
\* Tailor's chalk \* Pins \* Ribbon

**1** Cut wadding about 5cm wide and wrap it tightly around the hanger. Secure with tacking stitches. Repeat until it's the thickness you want.

**2** Fold the fabric in half, right side together, put the hanger on top and trace around with tailor's chalk;

leave a seam allowance of 1.5cm.

**3** Cut the shape out so that you have two pieces. Pin these around the hanger to check it's a snug fit. Remove the fabric, pin, right sides facing and stitch the bottom edge, one of the short ends and halfway along the top edge.

**4** Turn the fabric the right way and insert the hanger. Sew the rest of the seams and add a ribbon.

## CHRISTMAS DUO

LAVENDER IS KNOWN FOR ITS CALMING PROPERTIES, AND THIS WONDERFULLY SCENTED PAMPER KIT OFFERS JUST THAT

\* Medium-sized storage jar \* 150g granulated sugar \* 120ml cold-pressed extra-virgin olive oil \* Lavender essential oil \* Rosemary essential oil \* Dried lavender \* Fabric \* Needle and thread \* Toy stuffing \* Face cloths \* Ribbon \* Pom-pom trim \* Label

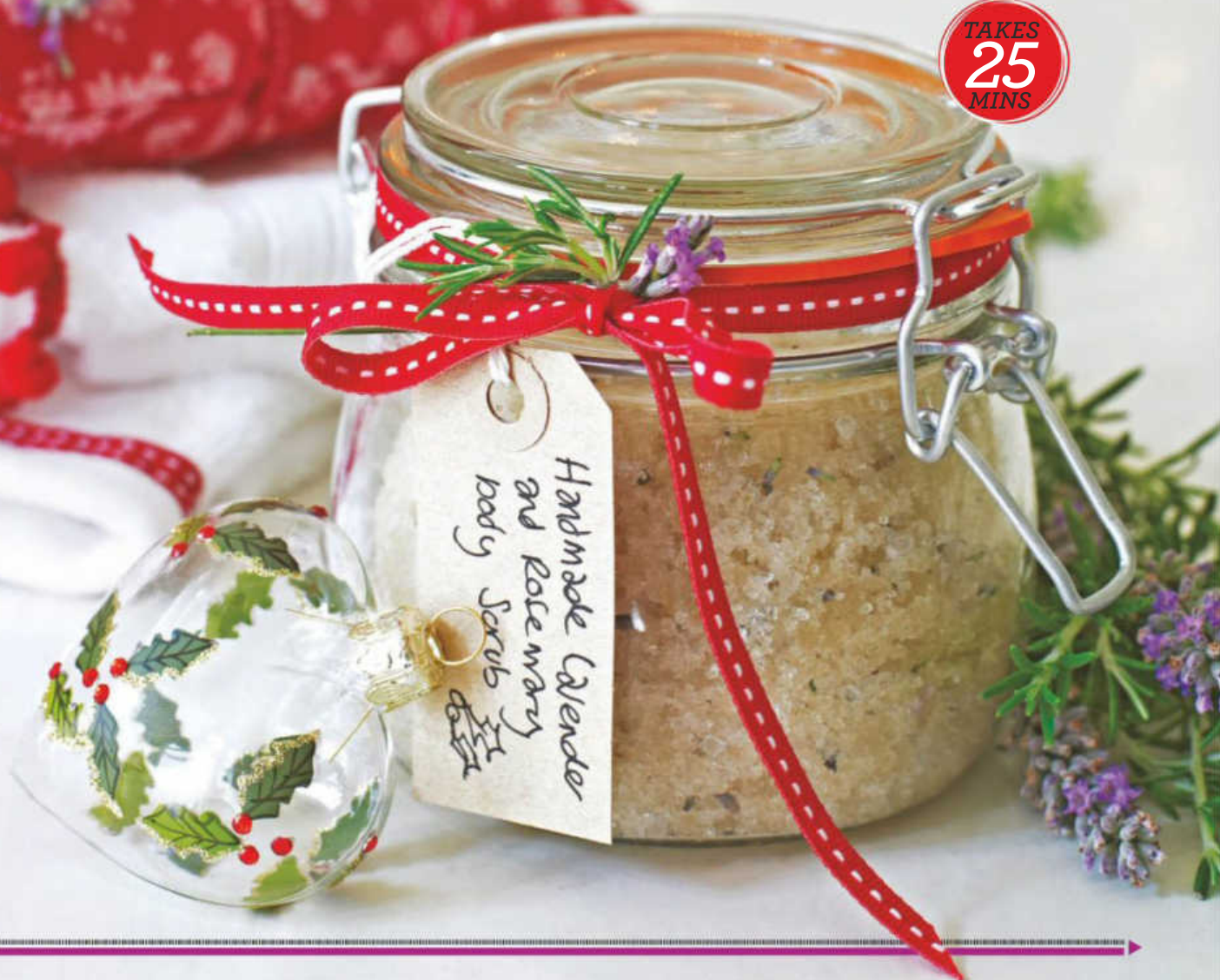
**1** To make the body scrub, fill the jar with the sugar, then tip it from the jar into a mixing bowl. Add the olive oil, 6 drops lavender essential oil, 4 drops rosemary essential oil and a few dried lavender flowers. Mix well, pour back into the jar and seal it tightly.

**2** To make the mini scented pillows (in background), cut two pieces of fabric measuring 20x10cm. Sew together inside out, leaving a small gap, then turn the right way out. Sprinkle a few drops of lavender essential oil onto a little toy stuffing, then push it through the gap along with a few sprigs of dried lavender. Sew up the gap.

**4** Trim plain white face cloths with ribbons and a pom-pom trim to match the colours on your scented pillow to tie the separate elements together. Add a co-ordinating ribbon to the jar of scrub and attach a label.

FIND AN OLD SHOEBOX  
TO PACK THEM IN AND LINE  
WITH TISSUE PAPER OR  
CHRISTMAS GIFTWRAP

TAKES  
**25**  
MINS





## PRETTY GIFT BAGS

**MAKE THESE VINTAGE-STYLE GIFTS BY FILLING PLAIN BROWN PAPER BAGS WITH TRADITIONAL SWEETS**

\* Brown paper bags \* Ribbon \* Sweets  
\* Labels

**1** Plain paper bags are available from all crafting stores, including Hobbycraft ([hobbycraft.co.uk](http://hobbycraft.co.uk)).

**2** If you want to make your own sweets, go to [goodtoknow.co.uk/homemadegifts](http://goodtoknow.co.uk/homemadegifts) and give the vanilla fudge a go – easy and delicious!

**3** Personalise the bags by trimming the top edges with scallop-bladed scissors, then tie on a homemade label with ribbon.

TAKES  
**10**  
MINS

\* **GoodtoKnow.co.uk**



For even more last-minute gift inspiration, turn to page 92 AND go to [goodtoknow.co.uk/giftguide](http://goodtoknow.co.uk/giftguide) – we have ideas for everyone in your life, from tots to teens!

**FOR RANCH-STYLE SEASONING,  
MIX 5TSP SALT, 4TSP ONION  
POWDER, 1TSP EACH GARLIC  
POWDER AND BLACK PEPPER**

**TAKES  
15  
MINS**

## MOVIE NIGHT IN KIT

**BRILLIANT FOR FILM BUFFS, THIS BASKET HAS EVERYTHING THEY NEED FOR THEIR FAVOURITE FEATURE-LENGTH!**

\* Preserving jar \* Popcorn kernels \* Sticky label \* Glass herb jars \* Spices \* Flatpack popcorn boxes from [amazon.co.uk](http://amazon.co.uk) \* Basket or bucket \* DVD of your choice \* Tissue paper \* Ribbon

- 1 Fill the jar with the popcorn kernels and attach a label saying 'Movie Night Kit'.
- 2 Next, fill the glass herb jars with a selection of seasoning mixes to add to the popcorn once cooked.
- 3 On a label, tucked in the kit, write 'To serve, add a dash of vegetable oil to the warm, cooked popcorn and toss along with the seasoning'.
- 4 Finally, place the kernels, seasonings, popcorn boxes and a DVD in a basket or bucket lined with tissue paper. Include a note with the instructions for cooking popcorn and seasoning instructions, then decorate the basket with a festive ribbon.

**TAKES  
90  
MINS**

## TASTY TANGY MARMALADE

**READY IN 1 HR 30 MINS MAKES APPROX 5x2LB JARS**

\* Vegetable peeler \* 6 medium oranges \* Knife \* 340ml water \* 600g sugar \* 340g cranberries \* Jars, waxed discs and lids \* Scraps of material \* Ribbon

- 1 Using a peeler, remove the rind from three oranges, making sure not to get any of the white pith. Slice the rind into thin strips.
- 2 Peel the rest of the oranges and cut into segments. Mix the rind strips, segments, water and 200g sugar in a pan; bring the mixture to

a boil. Reduce the heat and simmer for 15 mins, stirring occasionally.

3 Add the remaining 400g sugar and the cranberries to the pan. Simmer for 1 hr or so, until thick, stirring occasionally. Leave to cool completely. Cover and chill.

4 Spoon into hot, sterilised jars. Cover with a waxed disc and lid. Add a disc of pretty material and ribbon to give it a homemade finish. Don't forget to label the jars when cold and store in a cool, dark place. It will last for six months.



# COOL Kids



GoodtoKnow.co.uk



## HI THERE!

ELEANOR JONES  
ROUNDS UP ALL  
THE LATEST KID-  
FRIENDLY STUFF

## 3 STEPS TO... FAIR SHARING

When Christmas toys cause loud 'that's mine!' demands - which they usually do - try these tips.

### 1 Be gentle

Try not to punish strops or snatching. Focus instead on praising kids when they do share - they'll soon learn which benefits them the most.

### 2 Manage expectations

If you're hosting a play date, help your child hide their favourite toy. Then explain that the rest of the toys are for everyone to enjoy and remind them

of their last successful play date, 'Remember when you and Theo had fun playing ball together?'

### 3 Don't be the referee

If your little one takes a toy from another child, try not to overreact. Just watch how the children handle it. They might continue playing without a fuss and that's OK. They will learn how to manage difficult situations.

**54%**  
OF PARENTS  
DREAD TAKING  
THEIR CHILDREN  
TO THEIR  
GRANDPARENTS'  
HOMES\*



## CHEATS CORNER

Get your kids to WANT to do housework! Try our top trick and attach labelled bags of money (loose change is all you need) to a chore board - the 'nastier' the task, the more cash they get. You'll be amazed how keen they'll suddenly be to wash dishes with this penny-full prize!



For more great ways to get the kids to pull their weight, go to [goodtoknow.co.uk/choreboard](http://goodtoknow.co.uk/choreboard)



## #TRENDING NOW Christmas traditions

Take your little lot on an exciting 'Christmas Light Express' by tucking them up in the car for a late-night drive around the twinkliest parts of town, or set up some floury 'snowdust' footprints for the most convincing evidence of Santa yet! Make sure you keep the camcorder handy - you'll want to capture their reactions...



11 more adorable tradition ideas can be found at [goodtoknow.co.uk/christmastraditions](http://goodtoknow.co.uk/christmastraditions)



## THIS MONTH...

We're loving  
Project MC<sup>2</sup>

'Smart is the new cool' – now that's a great mantra! Move over Bratz dolls, with Project MC<sup>2</sup> each character has its own Netflix show teaching kids everything from HTML coding and chemistry to mechanics, with a different experiment kit with each doll. At toy stores nationwide, from **£14.99**.

TRIED  
TESTED  
LOVED!

## TAIL-ENDER

Tell Tails come in all sorts of species your kids will love, from Pink Panther to dinosaurs – great for letting imaginations run wild. Psst! They do adult sizes, too... Tell Tails, from **£20** each, [telltails.co.uk](http://telltails.co.uk).



## TECH KNOW

## Cheerz

## Instagram prints

Print off your favourite shots at the touch of a button. Instagrammers will love this Cheerz' app – a fab way to use all those shots that would never normally leave your phone. They make lovely presents, too. Visit [cheerz.com](http://cheerz.com).

3 OF  
THE  
BEST...

## New board games

Perfect for those cold winter afternoons

## FRESH TWIST

Entertain older kids with Game of Thrones Monopoly, **£35**, The Great Gift Company



## NO BRAINER

Easy fun the whole family can enjoy. Loopin' Louie, **£23**, Debenhams



## THAT'S COOL

He's less annoying when he's not singing! Frozen Pop Up Olaf, **£16.99**, Argos



## 5

AWKWARD  
QUESTIONS  
KIDS ASK AT  
CHRISTMAS

## 1 ERM...

If Father Christmas can get down our chimney, can't the burglars get down it, too?

## 2 TRICKY

How does Santa deliver presents to families that don't have chimneys?



## 3 RESULT!

Why did I get lots of presents, even though I was naughty this year?

## 4 WING IT

How come these reindeer can fly, but the ones at the farm can't?

5 SANTA'S  
SNIFFER

Father Christmas drank all the whisky, but Rudolph didn't touch his carrot – why?



Head to [goodtoknow.co.uk/mumproblems](http://goodtoknow.co.uk/mumproblems) to see the full list, you can even add your own!



# FILM \* TV \* BOOKS \* CULTURE Essentialist

## A YEAR in men

HOT  
RIGHT  
NOW

It's been one hell of a year in the hunk stakes – here's our top totty highlights



Golden  
balls

### BECKHAM'S BEST BITS

David Beckham chose his 40th birthday to make our voyeur dreams come true by joining Instagram. His first photo? A topless selfie. Not surprisingly, his insider snaps of the world of Posh & Becks have amassed millions of followers. While we loved his latest H&M ad, it's his insta-debut that made our year.



Dream  
boy

### CHANNING'S SECOND COMING

We couldn't quite believe our luck when we heard there was another *Magic Mike* film in the works, and it certainly didn't disappoint. Bigger, better and naughtier than the first – we couldn't be happier that Chan decided to get back into his dancing shoes. Sex swings, power tools, and convenience stores – those men can make anything look sexy. Can you guess which DVD is top of our Christmas list?

### TOM'S DOUBLE TROUBLE

Two Tom Hardys in one film is obviously a winning combo. But while we wouldn't say Tom as crazy Ronnie Kray was top of our lust list, his suavely suited and booted brother Reggie left us hot under the collar. We know he's good at playing a baddy, but we like to see his softer side, too... which may be why we can't get enough of the @tomhardyholdingdogs Instagram feed.

Big  
softie!

### HUNGER FOR HEMSWORTH

Last month's *Hunger Games* finale reignited our love for Aussie beefcake Liam Hemsworth. We were rooting for Gale to get his girl, so we're still gutted that the heroine didn't pick her handsome sidekick as her babydaddy. Are you blind, Katniss?! You'll always be our first choice, Liam.



A-list  
lover





Red  
alert!

## DORNAN'S DOMINATION

Belfast lad Jamie Dornan fulfilled all of our deepest yearnings in the *Fifty Shades of Grey* movie this year. The former model ticked every box needed to play the billionaire BDSM lover of E.L. James' record-breaking bonkbusters. Outrageous sex appeal? Check. Rock hard abs? Check. Looks great in a suit? Sure. But even better in those red room ripped jeans...

## KIT'S CUTE CURLS

*Game of Thrones* heartthrob Kit Harington may have seen his character's untimely death this season, but we were still treated to a whole bunch of brooding from the show's hottest star. Thanks to his mass of curly hair and deep brown eyes, Kit's got that sad puppy-dog look down. And word is the long-locked lovely could miraculously return next year. Here's hoping!



Cute &  
sexy

## POLDARK'S SIX PACK

Never has a period drama been so sexy. Aidan Turner's topless scything scene in the beeb's *Poldark* reboot is our man moment of the year. All we could think about was those glistening abs as we looked forward to our Sunday night fix. Thankfully, there's a second series on its way, so it's not long before the brooding captain returns to our screens – hopefully sans shirt.

## MICHAEL'S MANLY MACBETH

Shakespeare got sexy this year as Michael Fassbender took on the dark role of Macbeth in a new movie adaptation. The Irish Lothario is proper filth in this fresh take on the 400-year-old literary classic – in fact, he's so manly it made us a little weak at the knees. Obviously, his acting was great, too...

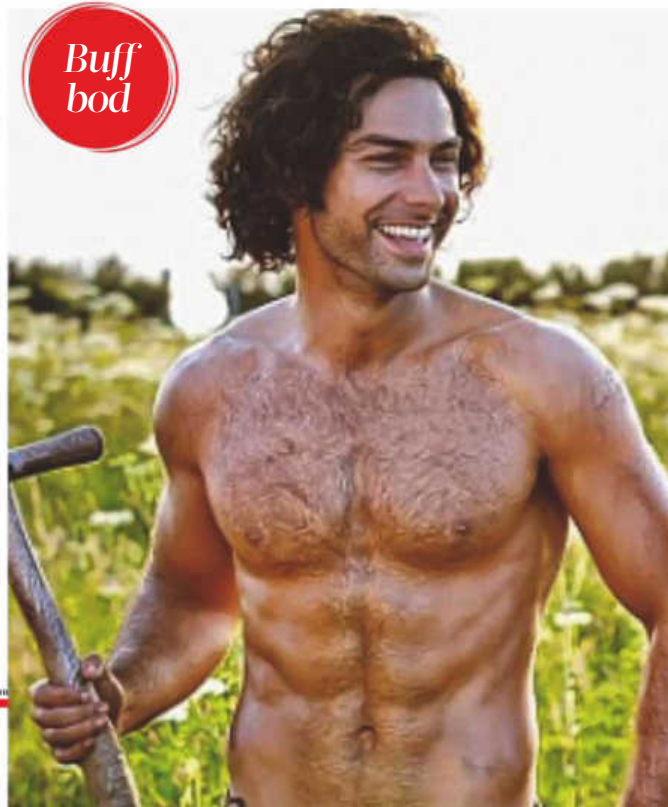


Irish  
charmer



Daddy  
cool

Buff  
bod



## RYAN'S MR PERFECT

When Blake Lively gave birth to their little girl, her hubby Ryan Reynolds shot to the top of our hot dad radar. The Canadian actor has been sharing sweet tit-bits from life with his little girl on social media – but he's so protective of his one-year-old he even cut out an old friend who tried to sell pictures of the bubba to the media. Hot, hilarious and an all-round chivalrous guy, Blake's a lucky lady.



Hot  
stuff

## RICHARD'S RAUNCHY ROMP

The BBC provided another of our fave moments of the year with its adaptation of D.H. Lawrence's saucy novel *Lady Chatterley's Lover*. Scottish heartthrob Richard Madden played said lover, hot groundskeeper Oliver Mellors, and my, how we wished it was us he'd taken in the woodshed. Richard, you can tend to our gardens any time you like...



FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## ON THE BIG SCREEN

### Joy 🧹💰

Academy Award winner Jennifer Lawrence reunites with director David O. Russell (*American Hustle*) to play inventor Joy Mangano. A single mum of three, Joy became an international businesswoman when she invented the Miracle Mop. Another Oscar nom could be on the horizon for Jen after this stellar performance. Out 1 Jan.



JOY

### Krampus 🧛👹🎄

Toni Collette is like any mum at Christmas; frantic, frazzled and fed up with the in-laws. But things take a turn for the worse when her son summons a demon to wreak havoc on the festivities. Get ready to jump out of your seat at this holly-decked horror. Out 4 Dec.



STAR WARS VII: THE FORCE AWAKENS

### Star Wars VII: The Force Awakens 🗡️👽👤

The force is finally with us! Set 30 years after *Return of The Jedi*, the seventh *Star Wars* film sees some familiar faces, as well as fresh new ones. We're excited about Harrison Ford reprising his role as Han Solo, but we're expecting big things from Daisy Ridley (as scavenger Rey) and Oscar Isaac (as Resistance pilot Poe) too. Out 15 Dec.

### By The Sea 🌊💔🍷

Brad Pitt and Angelina Jolie are sharing the screen for the first time since they fell in love on the set of 2005's *Mr & Mrs Smith*. Written and directed by the wonder woman herself, the pair play a married couple on the verge of a violent breakdown while they're holidaying in France. We can't help but wonder if Brad and Ange used the experience to vent any real life marital frustrations... Out 11 Dec.



BY THE SEA

## ON THE TOWN



### A CHRISTMAS CAROL

Jim Broadbent is playing Scrooge at London's Noël Coward Theatre. Join the old miser on his journey with Tiny Tim and Bob Cratchit until 30 Jan; [achristmascaroltheplay.com](http://achristmascaroltheplay.com)



### DERREN BROWN TOUR

The hypnotist is heading out to spread mystery across the country in his new stage show *Miracle*. Join in with the mind games from 8 Feb; [derrenbrown.co.uk/on-tour](http://derrenbrown.co.uk/on-tour)



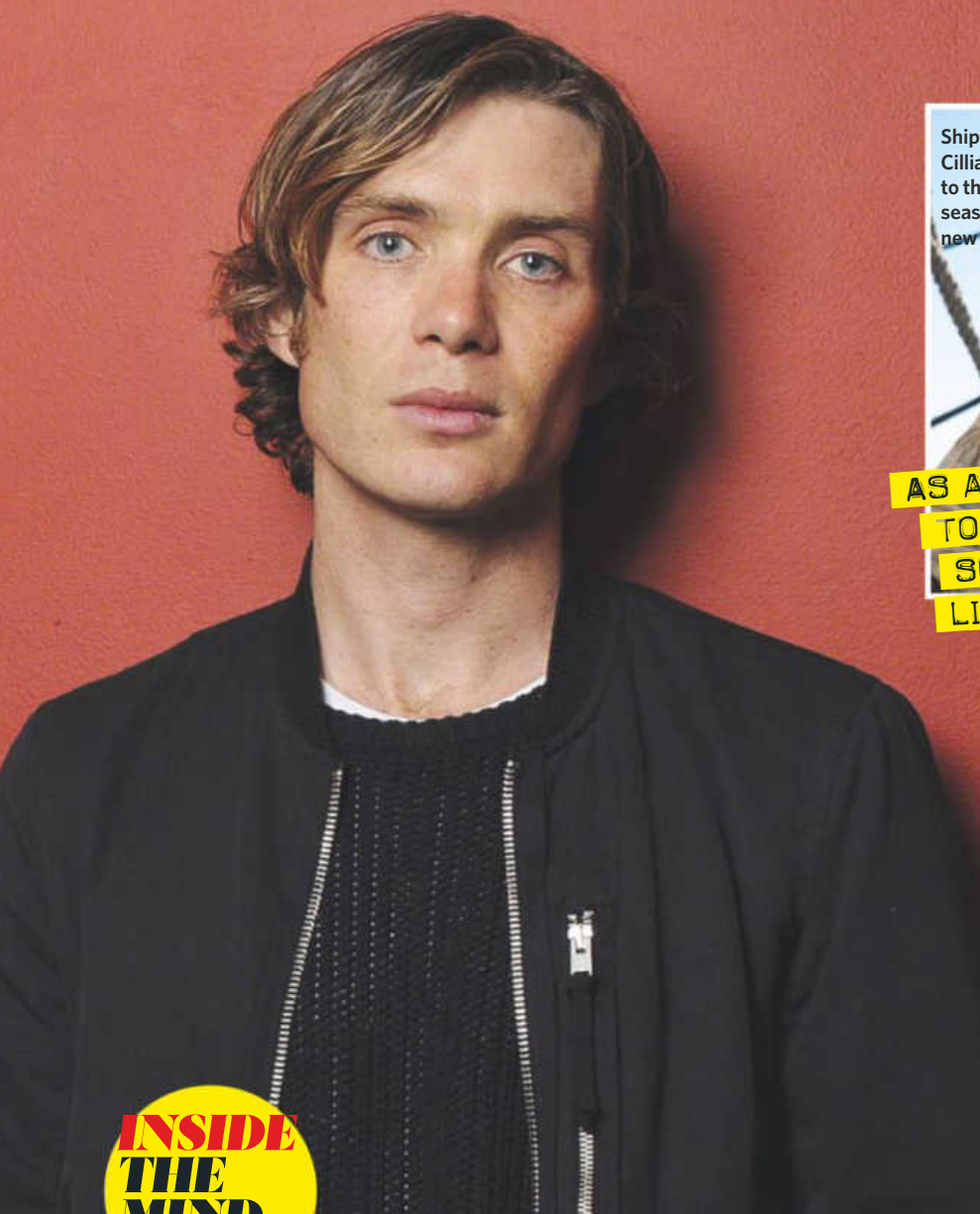
### LEONA LEWIS 'I AM' TOUR

Leona's powerhouse vocals will be filling arenas all over the UK as she takes her latest album on tour. The party starts in Liverpool Empire on 21 Feb; [leonalewismusic.com/tour](http://leonalewismusic.com/tour)

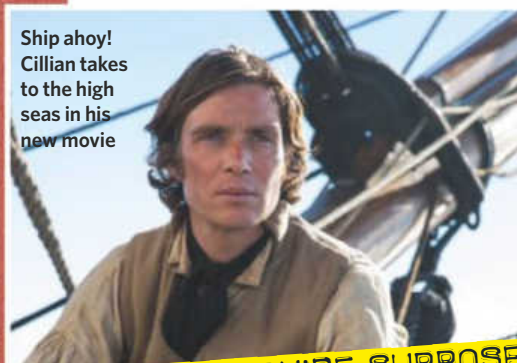


### THE MASTER BUILDER

Ralph Fiennes stars as an architect whose world is turned upside down by a young country girl. See the A-lister live on stage from 23 Jan; [oldvictheatre.com](http://oldvictheatre.com)



Ship ahoy! Cillian takes to the high seas in his new movie



AS AN ACTOR, YOU'RE SUPPOSED TO BE PLAYING REAL PEOPLE, SO IT SEEMS ESSENTIAL TO LIVE LIKE A NORMAL PERSON

the fool, it was a form of self-expression for me. I studied law for a year under pressure from my parents to get a proper job, but I profoundly knew that it was the wrong thing to do. So the real rebellion was leaving college and playing music.

**On becoming an actor...** From a very young age I had an ambition to be a musician, and that's what I pursued until I was about 20. Then I discovered theatre sort of by accident. Quite quickly, theatre became more important to me than music.

**On his latest film *In the Heart of the Sea*...** It's the true story of the sinking of the *Essex* by a whale. It's the story that [author Herman] Melville based *Moby Dick* on. I read the book in my twenties and loved it. It's a cracking book.

**On keeping a low profile...** Logically, the less people know about you, the more convincing you are playing someone else. I get the bus, I get the tube, I go to the shop and get the milk and do normal things. I would hate it if that became impossible. As an actor, you're supposed to be playing real people so it seems essential to live like a normal person.

**On googling himself...** You know, you're a liar if you say you haven't. But I really try not to do it because it's bad for you. Human beings, the way we're wired – or maybe it's just an Irish thing – but you never believe the good stuff. You just believe the bad stuff.

**\* *In the Heart of the Sea* is in cinemas around the country from 26 December**

INSIDE  
THE  
MIND  
OF...

## Cillian Murphy

The *Peaky Blinders* star on grim haircuts, getting older and googling himself

**On his *Peaky Blinders* barnet...** It's important to get that sharp, shaven silhouette to the hair, but it's quite traumatic to have done. My kids just laughed at me when I went home with it.

**On X-rated scenes...** Sex or violence is justified if it's not gratuitous. If it's there just to look cool or sexy, I'm out.

**On growing older...** I hope I've gained some wisdom and I think I'm a more

patient person. I feel lucky to be making good work still. The competitiveness you get when you're 22 or 23 – that's probably been tempered now. And hopefully I'm slightly better company.

**On what he learned from his parents...** Determination, conviction and self-belief, I guess. And I hope a sense of humour. I come from a long line of teachers who always appreciated the arts. I needed to rebel against them – I was always playing



# FILM \* TV \* BOOKS \* CULTURE Essentialist

## ON DEMAND



### DAWN OF THE CROODS

If you saw *The Croods* back in 2013, then you'll be familiar with these curious cavemen. Now Netflix has created a spin-off series that sees the Croods discovering school, sleepovers and even hiccups. Kids will love it.



### TRANSPARENT

Season two hits Amazon Prime this month following the journey of Mort and his ex-wife as they deal with Mort coming out as transgender. There's a wedding, marriage problems and a baby – but you'll have to tune in from Dec 15 to find out the whole story.



### A VERY MURRAY CHRISTMAS

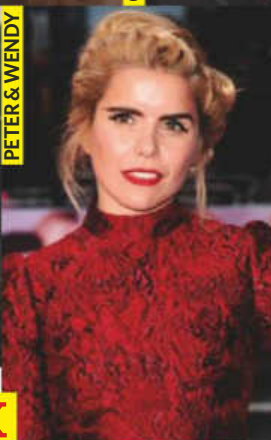
Bill Murray teams up with George Clooney, Chris Rock and Miley Cyrus for this variety show made for Netflix. Expect plenty of laughs as the gang sing and dance their way into Christmas.



WAR AND PEACE



LUTHER



PETER & WENDY



GOGGLEBOX KIDS

CALL THE MIDWIFE CHRISTMAS SPECIAL

## ON THE BOX

### Call The Midwife Christmas Special

After a spellbinding stint on *Strictly Come Dancing*, Helen George is going back to her day job delivering babies for a special festive episode of the '50s drama. It will just about tide us over until series five starts in the New Year. BBC1

### The Sound of Music Live

ITV is alive with the sound of music this month with a special live broadcast of the classic musical featuring *Mr Selfridge* stars Kara Tointon (Maria) and Katherine Kelly (the Baroness), alongside Lady Mary's former love interest Julian Ovenden as Captain Von Trapp. The two-and-a-half hour special is all set to be one of our 'favourite things' to watch this Christmas. ITV

### Luther

Ladies, he's finally back! Yes, Idris Elba is returning as DCI John Luther for this special

two-part series. Expect the usual fireworks and gripping drama as the maverick detective is pushed closer to the edge than ever with his hardest case yet. BBC1

### War and Peace

The beeb's hotly anticipated six-part adaptation of Tolstoy's epic novel stars a whole host of big names. *Downton Abbey*'s Lily James is our leading lady, while James Norton (*Happy Valley*) and Paul Dano (*Little Miss Sunshine*) play her suave suitors. Plus, Gillian Anderson and Jim Broadbent cameo, too. BBC1

### Gogglebox Kids

We loved the recent celebrity special, but the latest spin-off of the hilarious BAFTA winning series is set to be the cutest yet. Groups of little tykes, aged up to 13, will be giving us all their honest views on some of 2015's key moments, from the drama in the *Bake Off* tent to the sad fate of Cecil the Lion. Channel 4



SHAUN THE SHEEP



FUNGUS THE BOGEYMAN



DOWNTON ABBEY CHRISTMAS SPECIAL



SHERLOCK: THE ABOMINABLE BRIDE



THE SOUND OF MUSIC LIVE



CHURCHILL'S SECRET



DR WHO

## Shaun The Sheep: The Farmer's Llamas

Shaun's up to mischief again when he tricks his master into buying three llamas at the country fair. This cheeky thirty-minute special will keep the kids entertained just long enough for you to take a well-earned breather during the Christmas chaos. BBC1

## Downton Abbey Christmas Special

The Grantham family are treating us to one last outing this Christmas Day before our favourite period drama comes to an end. Christmas Day without *Downton* – how will we bear it? Stock up on the tissues as it's set to be an emotional farewell. ITV

## Doctor Who

It wouldn't be Christmas without a visit from the doctor. This year the Time Lord is reunited with his wife as actress Alex

Kingston returns to the show for the first time since 2013. The last time we saw her, she was a ghost, the time before that she died – what's in store this time for the universe's most complex relationship? BBC1

## Churchill's Secrets

Michael Gambon is an ageing Sir Winston Churchill in this feature-length film. Seen through the eyes of his young nurse Millie Appleby (Romola Garai), the story follows the Prime Minister's battle to recover from a secret, life-threatening stroke, while family drama ensues around him and political foes plot his replacement. ITV

## Sherlock: The Abominable Bride

Benedict Cumberbatch is making our New Year's Day dreams come true with this one-off *Sherlock* special set in Victorian London. Writer Steven Moffat promises a creepy ghost story for the festive episode

that's just enough of a sleuth fix to keep us going until series four airs next year. BBC1

## Peter & Wendy

This new modern twist on J. M. Barrie's classic tale is set between the infamous Neverland and Great Ormond Street hospital – where 12-year-old Lucy is awaiting treatment for a heart condition. Oscar winner Stanley Tucci plays super villain Hook in the two-hour feature-length special, while popstar Paloma Faith takes a turn as Tinker Bell. ITV

## Fungus The Bogeyman

Raymond Briggs' classic children's story comes to life in a special festive four-part series with an all-star cast including Timothy Spall and Victoria Wood. It's a great chance to introduce the kids to the loveable bogeyman as he emerges from the underground and discovers the human world and all its complexities. Sky1



# FILM \* TV \* BOOKS \* CULTURE Essentialist

## ON THE SHELF

### *The Winter Children*

BY LULU TAYLOR  
(£7.99, PAN MACMILLAN)

This gripping psychological thriller centres on Dan and Olivia who have found themselves unable to conceive after four rounds of IVF. In desperation, Dan asks an ex-girlfriend for a donor egg, an act that results in a successful pregnancy, but it turns out his ex isn't happy to be hands-off... Out 10 Dec.



### *A Night in With Marilyn Monroe*

BY LUCY HOLLIDAY  
(£7.99, HARPER COLLINS)

After splitting with her boyfriend Dillon, Libby throws herself into a new relationship and rebuilds her friendship with best pal Ollie. But Dillon's soon back on the scene and Ollie isn't around as much. Libby's already confused, then Marilyn Monroe shows up! Fun and full of laughs. Out 3 Dec.

### *If She Did It*

BY JESSICA TREADWAY  
(£7.99, SPHERE)

When Hanna and her husband are attacked in their bed, she is left horrifically beaten and a widow. Her daughter's boyfriend is sent down for the crime.

When, years later, he's due for release, it's up to Hanna to keep him behind bars - but can she remember enough to prove his guilt? A thrilling read, totally un-put-downable. Out 3 Dec.

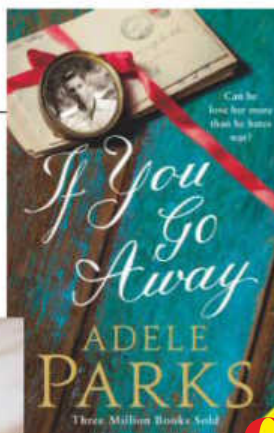


## ESSENTIALS BOOK CLUB

READER DEBORAH  
SIMPSON REVIEWS  
*IF YOU GO AWAY*  
BY ADELE PARKS  
(£7.99, HEADLINE)



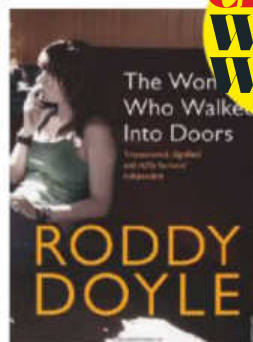
I loved last year's *Spare Brides* and Adele's latest novel is equally good. Vivian, a naïve young girl, is married off in a hurry only to have her husband shipped off to WWII. While he's away, she meets Howard, a handsome playwright and conscientious objector, and their relationship soon gets complicated. Out now.



## CELEB WISE WORDS

JK ROWLING  
REVEALS THE  
BOOK THAT  
CHANGED  
HER LIFE...

'Roddy Doyle gets inside the head of his character so completely in *The Woman Who Walked Into Doors*. I don't think I've ever encountered such a believable female character from any other heterosexual male writer.'



### More GREAT READS



Not sure which book to choose? Visit [goodtoknow.co.uk/ontheshelf](http://goodtoknow.co.uk/ontheshelf) for full reviews of these books and more







POLAR EXPRESS TRAM RIDE



THE NUTCRACKER ON ICE



GOODNIGHT MR TOM



SKATE AT SOMERSET HOUSE

**KIDS  
DAYS  
OUT**

## Family fun time

There's still time to book in some festive fun for the whole gang

### Skate at Somerset House

The most magical ice rink has to be in this 18th-century courtyard complete with its impressive tree. You'll be able to shop at The Christmas Arcade or watch the kids on the ice from the comfort of the Fortnum & Mason Lodge. Open until 10 Jan, so book now; [somersethouse.org.uk/ice-rink](http://somersethouse.org.uk/ice-rink)

### Polar Express Tram Ride

One of our favourite Christmas movies is being brought to life in Exeter with a special tram ride. Passengers can wear their PJs and enjoy cookies and hot chocolate served by dancing chefs. Plus, the little ones will get a gift from Santa and his Elves. From 4 Dec; [tram.co.uk](http://tram.co.uk)

### The Nutcracker On Ice

The Imperial Ice Stars are back with *The Nutcracker*. As if the story isn't exciting enough, the kids will love seeing the Mouse King and Sugar Plum Fairy

whizzing and leaping at high speeds. From 28 Dec to 2 Jan, [royalalberthall.com](http://royalalberthall.com)

### The Insatiable, Inflatable Candy Lion

Superfurry Animals front man Gruff Rhys is putting on a special gig based on his album *Candy Lion* and featuring a host of colourful characters and sing-alongs. National Theatre Wales will be taking over Cardiff's cricket ground from 16 Dec to 2 Jan for this family-friendly show; [nationaltheatrewales.org](http://nationaltheatrewales.org)

### Goodnight Mr Tom

To celebrate the 35th anniversary of this classic novel, Chichester Festival Theatre are bringing their award-winning adaptation to the West End. Don't miss the chance to share this magical uplifting story with your kids from 11 Dec to 20 Feb; [dukeofyorkstheatre.co.uk](http://dukeofyorkstheatre.co.uk)



THE INSATIABLE, INFLATABLE CANDY LION

For more great ways to entertain your kids, visit [goodtoknow.co.uk/days-out](http://goodtoknow.co.uk/days-out)



FILM \* TV \* BOOKS \* CULTURE

# Essentialist

## DOWNLOAD



### KYLIE

We can't believe the tiny popstrel hasn't already done an album of festive covers, so we're pretty excited she's answered our wishes with *Kylie Christmas*. That's the Christmas Day playlist sorted then. Out now.



### CAGE THE ELEPHANT

The Kentucky rockers are back with fourth album *Tell Me I'm Pretty* produced by The Black Keys' Dan Auerbach. Listen out for his killer guitar on raucous first single, *Mess Around*. Out 18 Dec.



### THE WEEKND

If, like us, you haven't been able to get the Canadian singer's single *I Can't Feel My Face* out of your head, then you'll want to download his latest Michael Jackson-esque tune – *In The Night* – ready for the party season. Out 11 Dec.



KRISTINA & JOE



JAY & ALIONA

FLAVIA & JIMI

IT'S  
ALL  
ABOUT

## #TRENDING

# Strictly Seduction

As rumours of a new romance abound, we look back at the couples who found love on the dancefloor

### MATT & FLAVIA

*EastEnders* star Matt Di Angelo reportedly hooked up with his dance partner Flavia Cacace on the 2008 series – on which her boyfriend Vincent Simone was also a dancer. But they weren't together long...

### FLAVIA & JIMI

Just a year later, Flavia ended her relationship with Matt after finding love with her new dance partner Jimi Mistry. This time, it was the real deal for Flavia and the couple married in 2013. Yay!

### JOE & KRISTINA

Boxer Joe Calzaghe and pro dancer Kristina Rihanoff faced romance rumours in 2009 and while they initially denied any involvement, Joe split from his girlfriend weeks later and the dancing duo later confirmed that they were a couple. Sadly they split four years later.

### ALI & BRIAN

Former *Hollyoaks* actress Ali Bastian and her dance partner, Brian Fortuna, got together in 2009, but split a year later. Unusually for *Strictly*, they were both single when they got together, so we're sad it didn't work out for them.

### KARA & ARTEM

*Mr Selfridge* and *EastEnders* actress Kara Tointon and her dance partner Artem Chigvintsev got together after winning the series in 2010. It looked like this picture-perfect pair could go the distance, but they split in 2014.

### BEN & KRISTINA

In 2013, it looked like the curse of the dancefloor could strike again with rumours of a romance between Kristina and her partner, married rugby player Ben Cohen. At the time, they both denied it, but in 2014, Ben split from his wife





KRISTINA &amp; BEN



RACHEL &amp; PACHA



FLAVIA &amp; MATT



ALI &amp; BRIAN



KARA &amp; ARTEM



## THE IN/OUT LIST

*Gilmore Girls* - we can't wait for more of Lorelai's life advice



*Girls* - we're kinda over seeing Lena Dunham with her kit off

The new *Ocean's Eleven*, with an all-female cast, YES!

The new *Jumanji* - as if you can top Robin Williams!

Luxury advent calendars - we'll have the 'Ginvent' one please!



Cheap choccy calendars - why, when we can have booze?

Saturday night reality shows - the perfect excuse to stay in

Sunday night results shows - please just tell us already!

Pigs in blankets - get them every day at Eat!



Pigs on screen. We've had enough Peppa!

## ON THE RADAR



### Tweet Star

It wouldn't be Christmas without Nigella's indulgent recipes. Luckily for us, the sultry chef has been sharing her top recipes online @Nigella\_Lawson.



### Top Blog

For a breath of fresh air in the boastful blogosphere, head over to [sprinkleofglitter.blogspot.co.uk](http://sprinkleofglitter.blogspot.co.uk) where wife and mum Louise tells it like it is, as well as sharing all her favourite beauty tips and must-buys.



### Insta-glam

If (like us) you have a huge crush on *Strictly* pro Aljaž Skorjanec, make sure you follow @helenrgeorge on Instagram for some sexy behind the scenes snaps from their training sessions.

Abby days after photos of him and Kristina were posted online. The pair have since gone public with their romance.

### RACHEL & PACHA

Another romance that's rumoured to have bloomed in 2013 was that of *Countdown* presenter Rachel Riley and dancer Pasha Kovalev. Rachel split from her husband just weeks after her stint on the show and earlier this year, it was finally confirmed she was dating the dapper dancer. The good news is the two are still loved up... hurrray!

### JAY & ALIONA

All eyes have been glued to this year's hottest pair, *Wanted* star Jay McGuinness and his (married) dance partner Aliona Vilani. For her hubby's sake, we hope there's nothing going on, but wow, they do look good together!



For the best-ever *Strictly* moments, visit [goodtoknow.co.uk/strictly](http://goodtoknow.co.uk/strictly)



**FFE5**



# GREAT Escapes



goodtoknow\_essentials

## WHEN TO BE WHERE IN 2016

**26 March** The Dubai World Cup is the world's richest horse race, so go all out and stay at the sumptuous Madinat Jumeirah Al Qasr. Check out Sovereign Holidays at [sovereign.com](http://sovereign.com).

**26-29 May** Head for the tiny principality of Monaco nestling between France and Italy for the glamour of the F1 Grand Prix. Rent a room with [airbnb.com](http://airbnb.com) (stay in France, it's far cheaper), fly with [easyjet.com](http://easyjet.com) and buy race tickets from [tickets.formula1.com](http://tickets.formula1.com).

**5-21 August** Rio for The Olympics – imagine the carnival atmosphere in the city that knows how to party. TAP ([flytap.com](http://flytap.com)) flies to Rio via Lisbon from £687 return.

Feature Terry Tavner Photography Rex, iStock, Getty, Alamy  
Source \*biabla.co.uk \*\*sunshine.co.uk



## WAYS TO GET YOURSELF UPGRADED

So, guess what, you can increase your chances of turning left on a plane by knowing these facts: pray the flight is overbooked, collect air miles, have a friend at the airline, travel alone, have a good reason, just ask. Oh, and be nice!

## Take cover!

ABTA is warning travellers that an EHIC card is not a substitute for travel insurance. Although it offers emergency medical care throughout most of the EU, it won't cover the cost of an air ambulance, private medical care or any other additional expenses.



**26%**  
ADMIT THEY'D END  
THEIR RELATIONSHIP  
FOR A FREE LUXURY  
ROUND-THE-  
WORLD TRIP \*\*

# 5

## WORST ROADTRIP COMPANIONS\*

### 1 BRAND

And the winner (loser?) is... Russell Brand. No surprises there, then!



### 2 THE PM

David Cameron loses his seat – because of his 'punchable' face!

### 3 KATIE H

Telling Katie Hopkins to belt up for hours on end is just too much.



### 4 KANYE

Once Kanye West and his ego are on board, no space for anyone else.

### 5 BIEBS

Too spoilt, too awful, Justin Bieber is simply 'unbelievably' irritating.







# ISLANDS *of dreams*

Stretching from Miami down to Venezuela, the Caribbean is formed of over 7,000 islands. So many choices, so many reasons to go... here are our favourite all-inclusives for 2016

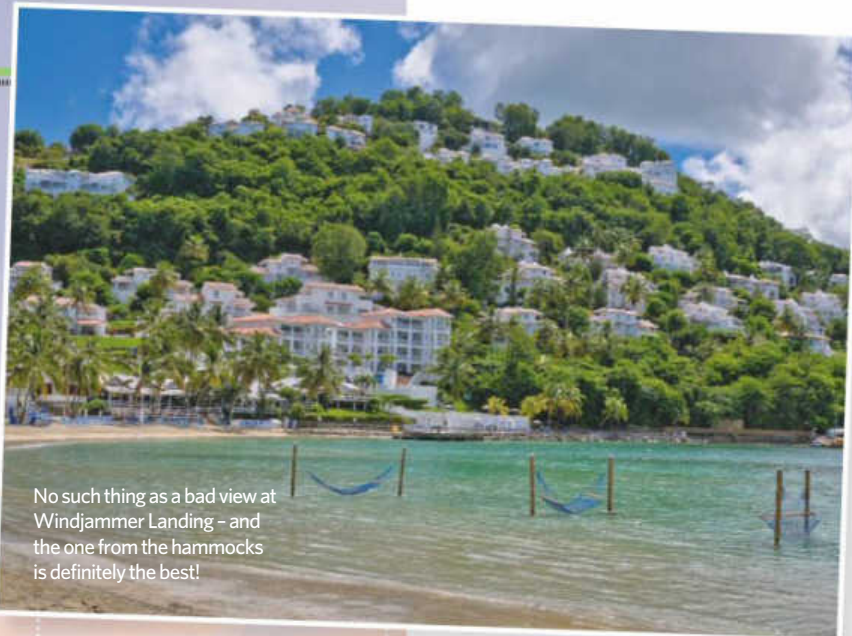
## LOVIN' ST LUCIA

**Remember when you only had eyes for each other? Then the kids came along! Where did all that love go? Perhaps it's time to beg, steal or borrow some grandparents, say goodbye to the cherubs and make a date with the Caribbean's most romantic island.**

There's something wild and unspoilt about St Lucia that leaves a lasting impression. Unlike other islands, it's not all about the beach – although there's no shortage of palm-fringed stretches of paradise. The rainforest interior is a maze of banana plantations, cascading waterfalls, sulphur springs and even zip-lining for adrenaline junkies.

**WHERE TO STAY** Windjammer Landing up on the north-west coast is like a self-contained village, starting at sea level and meandering ever upwards. Whitewashed villas with terracotta roofs look more Mediterranean than Caribbean, but the rum punches, vibrant plants and the calypso music are a constant reminder





No such thing as a bad view at Windjammer Landing – and the one from the hammocks is definitely the best!

## Need to know

**Hayes & Jarvis (01293 735 831, [hayesandjarvis.co.uk](http://hayesandjarvis.co.uk)) offers 7-nights at the Windjammer Landing Villa Beach Resort in St Lucia on an all-inclusive basis from £1,349 per person. The offer includes airport transfers and return international flights from London Gatwick with British Airways based on departures in April 2016.**



you're far from the EU. Accommodation ranges from relatively modest yet very spacious one-bed rooms to sumptuous four-bed estate villas – most with infinity plunge pools and all with outstanding views.

Most of the action is at sea level where five restaurants and three bars will feed and water you morning, noon and night. The atmosphere is so laid-back it's almost horizontal but don't be fooled into thinking it's just you, a book and the beach. The extensive daily events programme includes scuba, tennis, snorkelling, paddleboarding,

golf and even cocktail-making classes. And then there's the spa – the signature massage (around £125) includes a body scrub, hot stones, a bamboo roller, full massage and finish-off facial and is the stuff of dreams. Or, simply lounge on the white sand beach and paddle out to the hammocks in the sea. Fancy a cocktail? Just raise the flag from your sunbed and the concoction of your choice is on its way.

Food is very good but not always served in a hurry – you are on Caribbean time! Fish is a must – choose kingfish, mahi mahi or tuna served Cajun, jerk or grilled. For lobster and fillet steaks book the posher Upper Deck restaurant (no charge for all-inclusive guests).

**OUT AND ABOUT** Hiring a car isn't cheap (around £70 a day) and you wouldn't want to be in a rush to get anywhere, but it's a great way to explore at your leisure. One minute you're driving through a plantation on a bumpy, pitted road flanked by banana palms, the next you're climbing up and around hairpin bends offering stunning views over to neighbouring Martinique before plummeting down to sea level and yet more magnificent beaches. Hesitate for a second at a junction (signposts are few and far between) and a St Lucian appears from nowhere, happy to point you in the right direction. But if driving seems like hard work, climb aboard a catamaran and sail down to the twin peaks of the iconic Pitons, stopping off at Soufrière, the island's second capital, a drive-in volcano and the magnificent Toraille Waterfall, followed by a swim in Marigot Bay – and limitless rum punch. (Jammer's Day Sail costs US\$110pp with lunch; [windjammer-landing.co.uk](http://windjammer-landing.co.uk)).

## TAKE ME TO CUBA

**Quick, go now before this fabulous place changes. After more than 50 years of not speaking to each other, the US and Cuba have made friends again, which means it's only a matter of time before the Americans – along with McDonald's, Starbucks and Coca-Cola – start to pour in.**

**The largest Caribbean island, just 90 miles off**

**Miami, is set to change beyond recognition, so to see those magnificent buildings, '50s cars and watch hand-rolled cigars being made, start packing now! Start with a few days in**

**Havana, the capital. La Habana Vieja (Old Havana) is all about wandering the streets, people watching and drinking daiquiris at Hemingway's old haunt, El Floridita. Then chill out in Varadero, now the largest beach resort in the Caribbean.**

**NEED TO KNOW** Cuba Direct ([cubadirect.co.uk](http://cubadirect.co.uk)) has 3 nights in the Hotel Inglaterra on a B&B basis followed by 7 nights all-inclusive at the Club Villa Tortuga in Varadero departing May 6 from £924.50pp. You'll need a Tourist Card to enter Cuba, but your Cuba Direct advisor will help.





## TREASURE ISLANDS

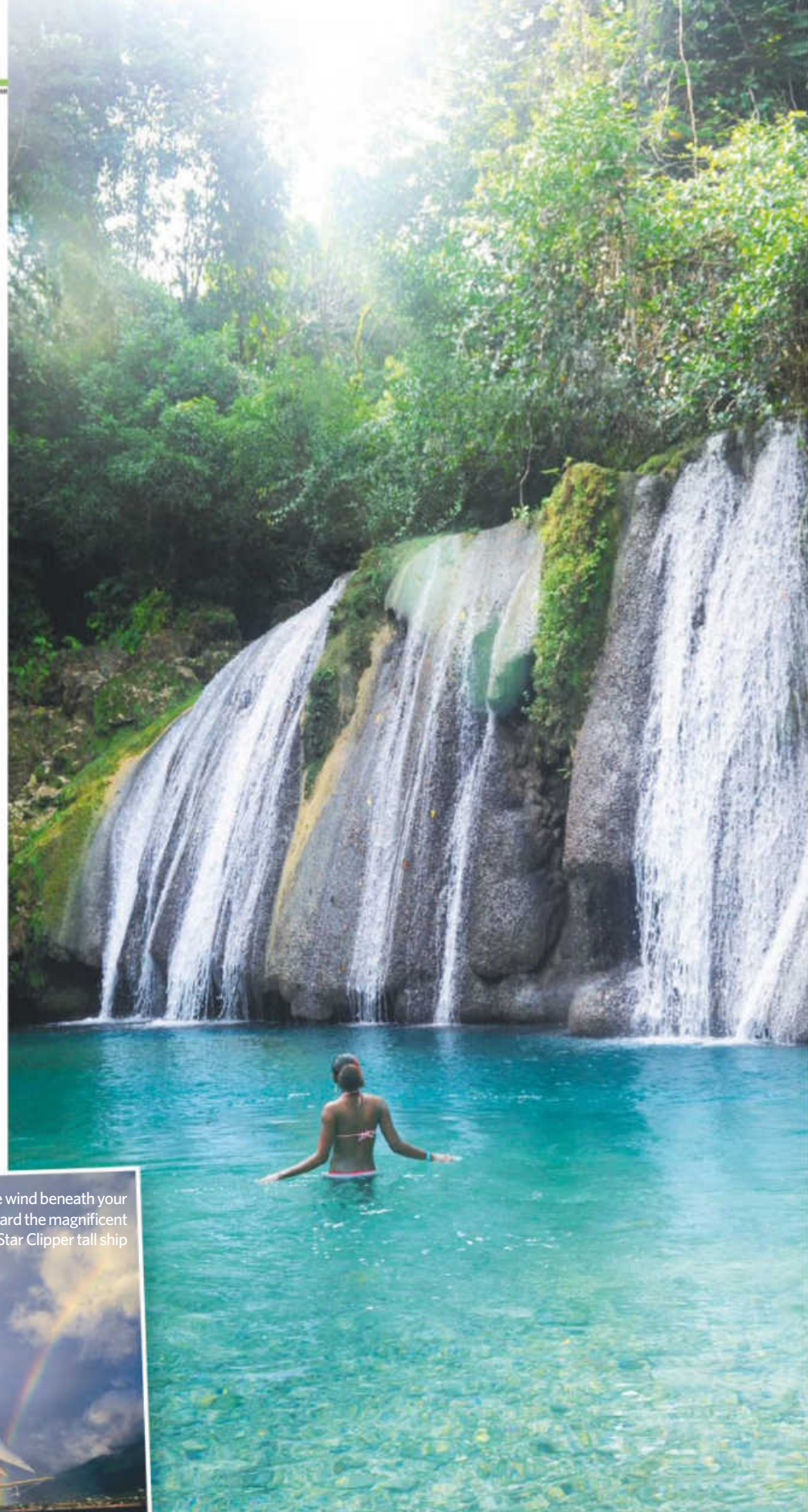
**If you've always fancied yachting but ruled it out until you win the Lottery, try sailing the Caribbean from the luxury of a Star Clipper.**

**Forget the giant floating 'cities at sea'**

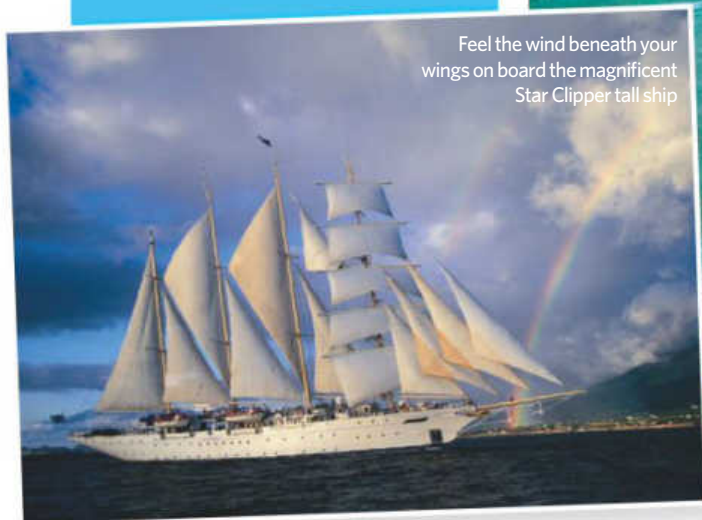
**and their thousands of passengers, the Star Clipper tall ship, with its 16 majestic sails, carries just 170 people on a relaxed and informal cruise. Begin your voyage of discovery at St Maarten and**

**over 7 nights, visit Anguilla, British Virgin Islands, St Kitts and St Barts. While at sea, you can climb the mast, learn about sailing techniques or alternatively just lounge around one of the two pools. But for a big thrill, you must lie on the netting at the front of the ship's bows. Unlike the bigger ships, the emphasis is always casual - shorts and tops and flat shoes - and guarantees a perma-chilled holiday. Cabins are not huge, but then you'll hardly set foot in them as life on board revolves around days on deck, fine dining and hanging about in the well-stocked bar.**

**NEED TO KNOW** Star Clippers (0808 231 4798, [starclippers.co.uk](http://starclippers.co.uk)) has a 7-night all-inclusive Treasure Islands tour departing St Maarten on 19 March from £2,195pp. Price includes return flights, transfers, port taxes and the cruise.

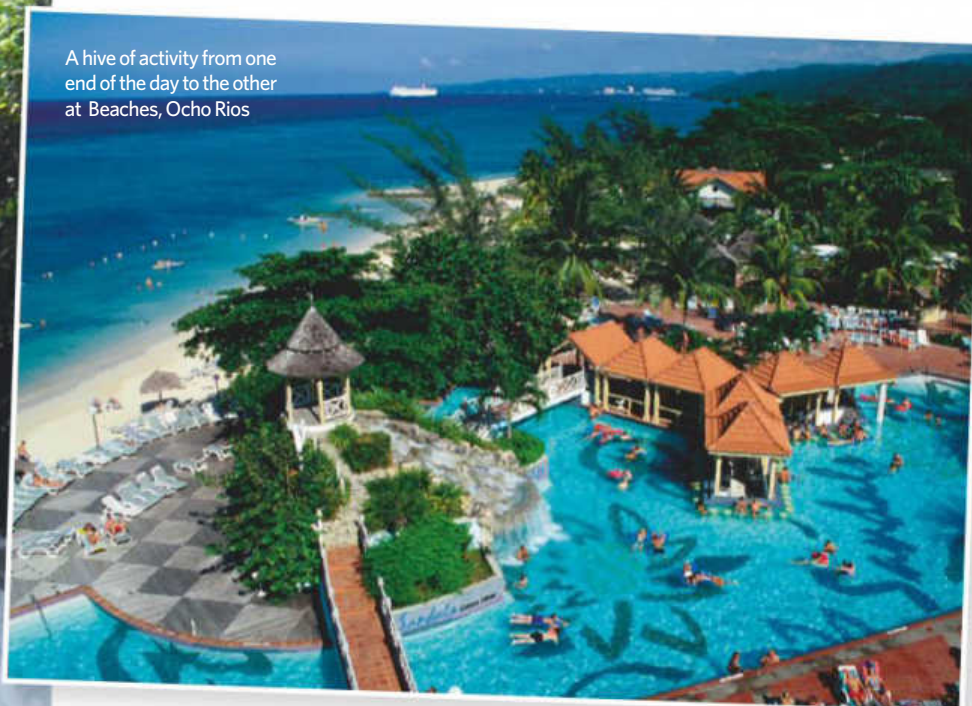


Feel the wind beneath your wings on board the magnificent Star Clipper tall ship





A hive of activity from one end of the day to the other at Beaches, Ocho Rios



## JAMMIN' IN JAMAICA

**Jamaica is the epitome of the laid-back chilled-out island. The perfect family holiday hotspot – from reggae to rafting, waterfalls to ziplining – it's also the birthplace of Bob Marley, Usain Bolt and James Bond. Could Jamaica have any cooler credentials?**

**WHERE TO STAY** Back in the day Ocho Rios – Ochee as the locals call it – up on the north coast, used to be a sleepy fishing village. Today, the fishing fleet has given way to cruise ships and some very swanky hotels now line one of the best white sand beaches in Jamaica. This is where you'll find the newly-refurbished Beaches Ocho Rios. A huge hit with families, honeymooners, teens and children, this all-inclusive Spa, Golf & Waterpark resort with private beach, is divided up into French, Greek, Caribbean and Italian 'villages' spread over 22 acres.

Prepare to lose the kids from the minute you check-in until you drag them away at the end. Exclusive camps, teen nightclubs and Pirates Island Waterpark for the older ones, while the very young will love the daily activities with the Sesame Street gang. And what will you be doing with all that time to yourself? Well, once you've exhausted the sport options, there's a lot of Caribbean chillin' to be done, cocktails at the adults-only Opa Sunset bar, or a luxury treatment at the Red Lane Spa. Plus there are six restaurants to work your way round.

**OUT AND ABOUT** Dunn's River Falls is one of Jamaica's national treasures and just a short hop from Ocho Rios. A series of 600 wet and wild cascades, tumbling

deafeningly down the river, is a Jamaican experience not to be missed. Get there early to avoid the cruise ship crowds and go with a guide – it's a steep hike to the top ([dunnsriverfallsja.com](http://dunnsriverfallsja.com)).

Or, sign up for an exhilarating bike ride down the Blue Mountains, Jamaica's highest range and home of the world-famous coffee of the same name. The views are sensational and you'll even get the opportunity to stop for a dip under an ice-cold waterfall.

Kingston, the capital, is a must-go-to, especially if you're a Bob Marley fan. The wooden colonial-style house where he lived and recorded is the city's most visited site and remains pretty much unaltered, right down to his bedroom, which still contains the reggae legend's star-shaped guitar.

And it would be a crime to visit Jamaica and not see where Ian Fleming 'gave birth' to James Bond. The author moved in to Golden Eye back in the 1940s and wrote all the Bond novels from here. The Fleming Villa is now part of the Golden Eye luxury resort but is open to non-residents for a drink or dinner. However, do check availability in advance ([goldeneye.com](http://goldeneye.com)).

**\* Turn the page for a chance to win a £5,000 family holiday to Beaches Ocho Rios**

### Need to know

**A 7-night holiday at Beaches Ocho Rios – A Spa, Golf & Waterpark Resort costs from £5,175 for a family of four (two adults and two children). Price includes Luxury Included® (all-inclusive) accommodation in a Caribbean Luxury Family Sized Room, return economy flights with Virgin Atlantic from London Gatwick and resort transfers. Valid for travel dates 2 May-24 June 2016 ([beachesresorts.co.uk](http://beachesresorts.co.uk)).**



# WIN! 7 nights in Jamaica

Beaches Ocho Rios  
– a Spa, Golf & Waterpark  
Resort – is offering a fabulous  
family holiday to Jamaica

**ALL  
INCLUSIVE  
FAMILY  
HOLIDAY  
FOR 4**

**T**he ultimate family getaway to one of the finest white sand beaches in the Caribbean, Beaches Ocho Rios, is back with a luxury new look. Our lucky winning family will stay in a Caribbean Deluxe Family-sized Room. This newly renovated Caribbean Village is perfectly placed for the main pool, restaurants, live

entertainment and Pirates Island Waterpark.

And while you enjoy some downtime at the adults-only Opa Sunset Bar, you can relax knowing the children are having a ball at the resort's Kids Camp, which is run by certified nannies.

Be as active or as lazy as you wish – Beaches Ocho Rios has something for everyone!

## HOW TO ENTER

To be in with a chance of winning this luxury family holiday, all you have to do is visit:

 [goodtoknow.co.uk/  
beaches-comp](http://goodtoknow.co.uk/beaches-comp)

**Beaches**  
Resorts by Sandals



Down the tubes  
at Pirates Island  
Waterpark

**BEACHES RESORTS TERMS & CONDITIONS** One 7-night holiday, including flights, is provided for two adults and two children at Beaches Ocho Rios – a Spa, Golf and Waterpark Resort. Accommodation is in a Caribbean Deluxe Family-sized Room. Flights provided are from London, in economy class and are subject to availability. Resort transfers are included, but domestic transfers are not included. Children must be under 12. There is no cash alternative to the prize and spending money is not included. Holiday insurance is not included and must be purchased before travel. The prize is subject to availability, cannot be taken during peak seasons (Easter, July, Monday 1 August to Sunday 14 August 2016, December and New Year) and cannot be confirmed until 90 days prior to departure. Once dates are confirmed there will be an administration fee for any changes made to the reservation. This fee varies in accordance with the airline. The prize is strictly non-transferable, non-refundable, and is subject to Beaches normal terms and conditions. The prize must be taken before 31 January 2017. Beaches resorts are for everyone. Beaches Resorts reserves the right to relocate prize winners from the stated resort to an alternative Beaches resort if rooms become unavailable for the travel dates requested. By entering this competition you consent to your details being shared with our parent company located outside the European Economic Area. The competition is not open to employees and their immediate families of Unique Vacations (UK) Ltd and their associated agencies. Prize winners must be over 18. One entry per household. ABTA J3152.



# PISTE *again!*

Winter's here, the mountains are calling...  
and there's one with your name on it!

## LA ROSIÈRE, FRANCE

If you're the type of skier who wouldn't dream of going out if it's actually snowing, then this small-but-perfectly-formed family resort in the Tarentaise Valley gets more than its fair share of sunshine and sunsets along with superb views over the Isère valley to La Plagne, Val d'Isère and Tignes. For those who prefer their skiing a little more challenging, a short hop over the Italian border to La Thuile will provide the complete package for all abilities.

Together, the two resorts make up the Espace San Bernardo, an almost perfect location for kids on their first ski holiday through to confident intermediates. The emphasis here is firmly on families – the La Rosière motto 'The resort where children are royalty' is clear to see. Even the ski school has the reputation for being one of the best in France.

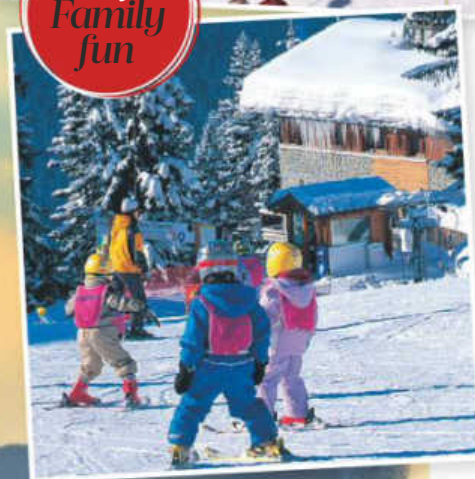
The charming

chalet-style architecture gives the village a rustic appearance even though it was only built in the 1960s. And what the village lacks in bars and nightlife is more than compensated for by the relaxed atmosphere. The local tourist office offers a variety of family events including walking the St Bernards, dog sledding and a weekly torchlit descent with fireworks.

**HOW TO GET HERE** Family holiday specialists, **Esprit Ski**, has a number of chalets in La Rosière. Younger ones can go to nursery, older ones will be taken to ski lessons while you go skiing. Chalet les Landelières sleeps up to 17 and has a ski lift directly outside. You can also ski back to the front door and relax in the outdoor hot tub and sauna. Adult prices start from £709pp, but call 01483 345 608 for more info about deals and packages, [espritski.com](http://espritski.com).



*Best for  
Family  
fun*







## KIRCHBERG, AUSTRIA

With its quaint charm and chocolate-box façade, Kirchberg is just one cable car ride from the huge Kitzbühel skiing area, with something for every level – from absolute beginners to black-run adrenaline junkies.

If the boozy après ski crowds aren't for you, then check into the calm oasis of Hotel Restaurant & Spa Rosengarten, nestling in the shadow of the Gaisberg Mountain. Just 500 metres from the Maierlbahn ski lift and 9km from Kitzbühel, this 26-room luxury hotel, where traditional meets modern, is effortlessly chic. From the sink-in-to-me beds to the dark wooden décor and whitewashed walls, it's slick and contemporary without being remotely pretentious. Book a deluxe double room for a private balcony and stunning views over the snowcapped mountains.

After a hard day on the slopes, unwind and forget all about the black, blue and red runs (and bruises?) with a Turkish steam bath and full-body massage before dinner at award-winning Simon Taxacher's

restaurant, The Rosengarten, the Tirol's only 2 Michelin starred restaurant. The menu, which changes daily, is heavily influenced by regional and local Austrian cuisine featuring unusual textures and tastes in superb combinations. Then wash it down with fantastic wine pairings (the sommelier really knows his grapes) to complement the flavour in every bite. Choose the seven-course taster menu – you can always ski it off later!

**HOW TO GET HERE** The Hotel Restaurant & Spa Rosengarten ([rosengarten-taxacher.com](http://rosengarten-taxacher.com)) has **3-night ski breaks from €549 per room per night (based on two sharing with half board). Price includes a two-day lift pass, Wi-Fi, transfers to and from the ski lifts, parking and use of the spa facilities. Or, Inghams ([ingham.co.uk](http://ingham.co.uk)) has one week ski packages at the 5-star Hotel Rosengarten in Kirchberg from £1,119pp (based on two sharing). The price includes return flights from London Gatwick to Innsbruck and resort transfers.**



*Best for  
Couples  
retreat*







*Best for  
Weekends  
away*

## SAMOËNS, FRANCE

Yes, we're all busy and most of us want minimum time away from work with maximum hours on the slopes. Less than an hour by car from Geneva, you'll find the charming medieval market town of Samoëns with its 572-year-old linden tree taking pride of place in the market square. But enough about what's on the ground: Samoëns is part of the Grand Massif area and connects to Flaine, Morillon, Les Carroz and Sixt offering 265km of mountain skiing – more than enough for a weekend. Leave on Friday evening and fly home first thing Monday – no one will even know you've been away!



**HOW TO GET HERE** Daily flights are available from the UK with EasyJet, BA and Swiss. Rent a car from [holidayautos.co.uk](http://holidayautos.co.uk) and stay at Hotel les Glaciers ([hotel-les-glaciers.com](http://hotel-les-glaciers.com)) from €190 per room per night.



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## SOLDEU, ANDORRA

While some resorts struggled with a lack of snow at the beginning of last season, Soldeu in the Pyrenees had literally mountains of the white fluffy stuff. And, with over 200km of slopes to play on, there's more than enough to satisfy even the most picky skier. But the biggest advantage of coming here is the price. Significantly cheaper than its Alpine cousins – a six-day Andorra lift pass will cost you €244.50 compared to €348 in Zermatt. The transfer time is a rather lengthy 3½ hours from Toulouse airport, but it's more than worth it once you arrive.

**HOW TO GET HERE** EasyJet Holidays has one week half board at the 4-star Galanthus & Spa in Soldeu, departing 9 January from £438.22 pp (based on two people sharing) and includes flights and accommodation. The hotel has a sauna, hot tub, solarium and hammam, plus spa treatments, too. To book, go to [easyjet.com/holidays](http://easyjet.com/holidays).

Feature Terry Tayner Photography Shutterstock; iStock; Getty Images  
Note Prices are checked & correct at the time of going to press



## This Months Essentials

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## CAPRICORN

22 DECEMBER - 19 JANUARY

A sense of urgency about money, property or possessions will reach a peak at the New Year. You might feel your resources are being stretched and will wonder how that's going to affect you in the long term. But if you could see into the future and how your actions this month will transform your life for the better, you'd dive right on in there. You may, however, find yourself with no time to make 'proper' decisions or having to choose between the lesser of two evils. If you resist, you'll only end up facing the same issues at a later stage. So, it's time to be brave – the Universe has your back.

**DO** embrace new responsibilities  
**DON'T** say you'll do it – just do it!



## Aquarius

20 JANUARY - 18 FEBRUARY

If you've got a post-Christmas cash hangover, a little financial 'hair of the dog' might help. Spending a little to kick-start a business idea will get you back up and running.

**DO** speculate to accumulate  
**DON'T** take up professional poker

# JANUARY horoscopes

Essentials' astrologer Marion Williamson reveals all...



## Pisces

19 FEBRUARY - 20 MARCH

There'll be great opportunities at work, but initially things could prove a little chaotic. Just making it to the end of the month in one piece will be an achievement.

**DO** what you have to do  
**DON'T** think it won't be worth it



## Aries

21 MARCH - 19 APRIL

Organise your trip to the sales as though it were a military operation. Don't get distracted by sparkly packaging or get tricked into bulk-buying stuff you don't need.

**DO** announce plans for world domination  
**DON'T** queue like a Brit



## Taurus

20 APRIL - 20 MAY

You're surrounded by starving exercise freaks who'll be secretly eating bacon butties by mid January. Show them how it's done – calmly with a bit of what you fancy.

**DO** be a shining beacon of sensibility  
**DON'T** watch the shopping channels



## Gemini

21 MAY - 20 JUNE

Don't let a minor setback make you throw in the towel – your goal is in sight. Just because you lose a small battle, doesn't mean you can't win the war... believe in you.

**DO** kick obstacles to the kerb  
**DON'T** just sit back and wallow



## Cancer

21 JUNE - 20 JULY

It's cold, dark and you're skint; but you have a secret inner glow. January's planets bring signs of lasting love and romance. If it hasn't reached you yet – it's on its way.

**DO** buff, clip, pluck and shave  
**DON'T** hide under your poncho



## Leo

23 JULY - 22 AUGUST

With the full Moon on the 24th in your sign, emotions could get heated. Set healthy boundaries with youngsters and create more space for your own interests.

**DO** remember you're the boss  
**DON'T** resort to bribery



## Virgo

23 AUGUST - 22 SEPTEMBER

Looking your best will attract the attention of someone you've had your eye on for ages this month. It's an excellent time to get in shape and bask in the spotlight.

**DO** chuck out comfortable, ugly clothes  
**DON'T** compare yourself to supermodels



## Libra

23 SEPTEMBER - 22 OCTOBER

You'll soon discover an interesting solution to a work situation. Co-operation is essential for success, but your diplomacy skills should make things run like a dream.

**DO** charm the pants off everyone  
**DON'T** sweat the small stuff



## Scorpio

23 OCTOBER - 21 NOVEMBER

Energetic Mars beams in your sign from the 3rd, which is an encouraging sign if you're fed up thinking about something. You're finally in a place where you can take action.

**DO** get on with it  
**DON'T** take advice from teenagers



## Sagittarius

22 NOVEMBER - 21 DECEMBER

Saturn, the planet of stark reality, demands you be realistic – and you'll expect the same from loved ones. You don't need to be a party pooper, just the voice of reason.

**DO** bin any half-baked schemes  
**DON'T** eat pie in the sky



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# LISA'S LAST WORD...

TV cook Lisa Faulkner tells us what she's loving... and loathing this month

**D**ecember is such a busy month and it's no different in my household.

Everyone likes to congregate around mine, so the house is always full, either with people popping over to swap presents or for Christmas parties. The constant flow of visitors means there will be lots of cooking (and washing up!) for me to do, but I'd rather be in my cosy kitchen than anywhere else, so that's fine with me.

One place I may have to actually venture out to though is Harrods. It's one of the most beautiful places at this time of year, and it's always worth the trip out into the cold just to see the look on Billie's face when she meets Father Christmas there. It's just so magical.

When we're not entertaining (or shopping!), it's time to relax



## What I'm cooking...

I always make gammon on Christmas Eve ready for tea the next evening, then keep any leftovers in a pillowcase in the fridge. It's delicious in sandwiches served with my homemade piccalilli for impromptu guests.



You can find Lisa's recipe for the perfect glazed gammon at [goodtoknow.co.uk/lisafaulkner](http://goodtoknow.co.uk/lisafaulkner)

in front of the telly, eat lots and watch all the great Christmas movies and family films that are on every year. *Miracle on 34th Street* and *Elf* are the favourites in my house - they really do get you in the festive spirit. Also, *The Intern* starring Anne Hathaway has its DVD release in December and I absolutely

loved it at the cinema, so I'm really looking forward to seeing it again \*hint hint\*!

When Christmas quiets down and we've feasted on leftovers for days after, that's when the New Year plans start coming into play. This year, we're currently undecided as to whether we will throw a big party or wrap up warm in a cottage somewhere. But whatever happens, I'll be surrounded by my favourite people - and that's what this time of year is really all about.

*Lisa*

## Enough already!

I'm telling you now, snow. I do enjoy you when you look all pretty and fluffy, and the ground is completely white. And I know Billie enjoys making giant snowmen, but you're only allowed to be here until January. I can't bear it being cold for too long!



## My Instagram moment

This is a throwback to last New Year when John and I got caught in a downpour in Cornwall, then stumbled upon this cute little café, *The Hidden Hut*.

Follow Lisa on Instagram at [@lisafaulknercooks](https://www.instagram.com/lisafaulknercooks)



## MY MUST-HAVES

- \* **Oliver Bonas marble side table, £195** They have one in the shop window near me and I lust after it every day!
- \* **M&S cashmere polo-neck, £79** I have one in pale blue, but love all the other pastel colours, plus it's so warm.
- \* **Diptyque Oliban candle, from £28** If you bottled the smell of Christmas, it would smell exactly like this candle.

*'Twas the night before Christmas  
and all through the land,  
people were ready to eat  
more than they'd planned.*

*The children, and adults,  
all snug in their beds,  
had excesses of chocolates  
filling their heads.*

*They'll fill up on sweet stuff,  
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\*Leatherhead Food Research tested the emotional response of 115 consumers. For more details visit [pinkladyapples.co.uk](http://pinkladyapples.co.uk)





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